



WORLD PEACE
YOGA SCHOOL

ASHTANGA • YOGA • MANUAL



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Ashtanga Yoga

INTRODUCTION

Getting It Together

Separateness causes suffering and union creates freedom. *Yoga is union.*

It is the separation from our Self, each other, nature, and from something greater or higher (be it God, universal consciousness, or whatever term you want to use) that causes the anxiety and chaos symptomatic of our times. It is difficult for us to experience our natural connection with each other when we don't have that connection with our own self. Yoga connects us with an inner wisdom, in which there is no doubt as to the connection of all things.

Now is the time for yoga. Yoga is a practical method of bringing peace and connectedness back into our life.

Because we are a reflection of our nervous system, the state of our nervous system dictates how we experience the world. If the nervous system is fresh and rested, the body will be healthy and the mind alert and comprehensive. As a result, thought will be powerful and clear and our actions, which are manifested thought, will be successful and rewarding.

Yoga strengthens and purifies the nervous system so it can reflect a greater degree of consciousness and our lives can become an increasingly positive force in the world. If the methods presented in this manual are practiced correctly the whole nervous system is revitalized, the body enjoys better health and more energy, the mind is rested and freed from the endless burdensome thought of future and past, and perception is restored to its primal freshness.

We can actually gain back the connection to self and others as we are released from the restricted thinking, dull mind, and negativity resulting from

a strained tired nervous system. The healthier our nervous system, the healthier our body, mind, thoughts and actions.

The purpose of this manual is to make these techniques available to all who are interested in enhancing the quality of their lives from the most fundamental foundation the inner source. The idea is to promote self-practice and self-responsibility, to offer a tool for reconnecting. This is the place where yoga truly begins in each of our own individual lives.

Yoga helps you rise to the challenge of living.

The History of Ashtanga Yoga

As the story goes, the ashtanga yoga system was reconstructed from a mysterious manuscript written on a bundle of palm leaves, the Yoga Korunta. This collection of verses on hatha yoga was discovered in the 1930's by yoga master and Sanskrit scholar Sri Tirumalai Krishnamacharya and his disciple K. Pattabhi Jois while researching Sanskrit texts at a Calcutta university library. The manuscript is dated to be between 500 and 1,500 year old.

Krishnamacharya and Jois translated and reconstructed the ashtanga yoga series (originally there were six sequences of postures) and Pattabhi Jois, with the encouragement of Krishnamacharya, took the instructions as the basis of his practice and teaching. He is still teaching this method today in Mysore, India at the age of 85. Ashtanga taught by Pattabhi Jois is a form of hatha yoga which focuses on asana (posture) and pranayama (breath control). Some people call this ashtanga vinyasa yoga in order to distinguish between Patanjali's eightfold system and the ashtanga yoga described in this manual.

Awakening the Fire within

Vinyasa: Movement Breathing System

Ashtanga yoga wakes up the internal fire. It ignites the dormant flame of vital life energy within all of us. The vinyasa system works with the synchronization of deep, rhythmic breathing and movement. By linking the postures it creates a continuous flow of energy that heats up the body, bringing oxygen to the blood, nourishing the glands and internal organs, cleansing and purifying the nervous system, releasing unwanted toxins through perspiration. As the heat goes up toxins are burned up and out of the system creating a lighter and stronger body and a clear mind. The heat is not a physical experience it is an internal spiritual fire that burns through the fog of illusion and ignorance.

Access All Areas

As the internal heat goes up, not only do the toxins begin to exit the system, but another amazing thing happens; the body begins to bend and move. As Pattabhi Jois says “even iron will bend with heat.” With this freedom of movement we are able to open up areas of the body that had been previously restricted or blocked. There is release, a feeling of lightness. It is in these places that we can discover what yoga truly is. Yoga is not just a physical exercise or some new way to pass the time or fill the emptiness, but a method of bringing life and vitality back into those areas, awareness of the deeper, inner parts of ourselves. It is a reunion with that innate wisdom that we all possess, but seem to have lost touch with. Yoga was developed as a means of acknowledging or returning to the source of life.

As concentration increases, the breath, mind, body, and soul come into union, to entrainment. Ashtanga yoga is a focusing technique that joins the main life forces, beating in unison to an internal rhythm, your internal rhythm. With control of the breath the mind becomes calm, allowing one to tap into a flow state where there is no sense of time, where externally imposed barriers dissolve and there is a sense of oneness with the universe. As focus increases, there is an effortlessness, a lightness in the harmony of movement and breathing.

The Breath of Life

Feeding the Fire

In many languages the words for spirit and breath are the same. In Sanskrit it's prana, in Latin, spiritus, and in Hebrew, ruach. In Portuguese the word for taking in breath is inspiration, or spirit-in. They believe that an infant literally breathes its spirit into its body with its first breath. We breathe in life. Breath is the source of life and vitality. It is the spirit moving in rhythm in the body.

Prana

Prana is a subtle form of energy. Prana literally means “breathing forth the universal life force. Through practicing asana and pranayama, prana is brought into and stored in the body, increasing vitality. Prana mainly flows through the body in the nadis, or nerve channels of the astral body.

Prana exists as a negative energy as well as a positive energy.

Prana moves upward and apana moves downward. When the two unite at the muladhara chakra (base of spine) kundalini (dormant cosmic energy) is awakened.

The most important nadi, or energy channel, (there are 72,000!) is the shushumna nadi which correlates to the spinal cord in the physical body. When kundalini is awakened it starts to move up the shushumna nadi, through the seven chakras toward higher states of consciousness.

In ashtanga yoga there are three locks (bandhas) that are engaged throughout the practice to prevent the dissipation of, and direct the flow of prana in the body, and convert it into spiritual energy.

- **Jalandhara bandha** prevents prana from escaping the upper body.
- **Uddiyana bandha** forces prana up the shushumna nadi.
- **Mula bandha**, when engaged, prevents apana escaping from the lower body and draws it up to unite with prana.

The Chakras

From bottom to top 7 Chakras:

- 1.- Muladhara chakra - at the anus
- 2.- Svadhishtana chakra - at the genitals
- 3.- Manipura chakra - at the navel
- 4.- Anahata chakra - at the heart
- 5.- Vishuddha chakra - at the throat
- 6.- Ajna chakra- between and behind the eyebrows
- 7.- Sahasrara chakra - at the crown of the head



Drishti

Eye Play

The gaze is a focusing technique. By directing the gaze at specific point (the space just beyond the tip of the nose, between the eyebrows) the focus is directed inward. This brings more concentration and awareness into the movement. Keep the gaze soft.

The Nine looking places are called nava drishtis.

- Nasagraj - The space just beyond the tip of the nose. This is used most often and is the primary drishti in the sitting postures.
- Aina chakra - The space between the eyebrows (ex. Purvottanasana/intense east stretch)
- Naba chakra - Navel center (ex. Adho Mukha Svanasana/downward dog)
- Hastagrai - Hand (ex. Trikonasana/ triangle)
- Padhayoragrai - Toes (ex. Savangasana/ shoulderstand)
- Parshva - Far to the right (ex. Supta Padangusthasana/reclining big toe posture)
- Parshva - Far to the left (ex. Marichyasana C/ Marchi's posture)
- Angushtha ma dyai - Thumbs (beginning of Suryanamaskara/sun salutation)
- Urdhva drishti ou antara drishti - Up to the sky (Virabhadrasana Alwarrior)

PRACTICE

Drishti

- Pay attention to your wandering eyes. What distracts you?
- Try to control the urge to look toward something moving in the distance.
- Gaze at the space just beyond the tip of your nose for one minute.
- Does sound distract your eye gaze? Smell? Notice

how your senses direct your focus.

- At different times during the day focus your gaze at specific points (the space just beyond the tip of your nose, navel, a spot on the wall) and see what it takes to make you look away.

Cleansing and purification: Meltdown

Nauli kriyas

If you look around you, you'll notice what happens as we get older. The middle of the body begins to lose shape and collapse. Gravity is pulling us downward. Unless we are practicing some type of opposing technique, the whole solar plexus area, a major nerve center of the body, will become squashed. Not to mention the toxins that get trapped, the poor digestion that results, and the lack of oxygen to the abdominal region. Naulis, in conjunction with the bandhas, bring everything upward, inviting vitality back into the middle of the body.

These techniques keep the gastro-intestinal or alimentary system balanced functioning smoothly, Naulis massage the internal organs, acting as an internal cleansing technique. Keeping you pure and clean, naulis remove sluggishness of the stomach, intestines, and liver, bringing back upward the ever-caving-in abdominal region which is crushing and suffocating internal organs as gravity pulls us down.

Don't let the fire go out. Keep the channels of the body pure and open the pathway for the oxygen to keep feeding the fire. It's best to practice on an empty stomach in the morning.

Created a Sacred Space

Choose A Spot that Draws you Inward

This is a time of focus. You acknowledge the space around you on which you are about to work. It should be quiet, with no interruptions. You pick a place for the feet and plant them, one by one, deliberately connecting with the earth beneath. Participation at this level is important, if the link between your body and the ground is formed there is a centered calmness.

Making a time and place for your yoga is essential for maintaining a regular practice. Choose a place which is warm and where there is enough room for you to move freely. It is helpful to practice at the same time each day, the optimal times being sunrise and sunset. Choose a spot that draws you inward.

Regular practice is the key to yoga. It is through practice that these seemingly impossible postures are mastered with comfort and ease within a reasonable time period. It is through practice that yoga becomes integrated in your life.

Practice

Decide how much time you have to practice each day (be realistic) and how many times a week. Begin all session with naulis, sun salutation, standing posture, sitting posture, meditation and finish with corpse.

Chants

Ashtanga yoga traditionally has both an opening and closing chants. Because of yoga's ancient roots, chants (or mantra) are offered in Sanskrit (the ancient language of India). However their meaning is said to be universal as Sanskrit is the language of the heart.

Ashtnaga Yoga opening chants

The opening prayer is a blessing of gratitude offered to the lineage of teachers student who have enabled this ancient practice to survive through thousands of years so that we can experience its benefits today. The recitation of this mantra cleanse the energy of the space we have chosen to practice yoga, as well as preparing the mind, body and emotions for the forthcoming ashtanga sequence.

ॐ
ति स्वात्म् सुखावबोधे।
कियमाने संसार हालाहल मोहशान्त्यै॥
णिम् ।
मि॥
ॐ

om

*Vande Gurunam Charanaravinde
Sandarshita Svatma Sukava Bodhe
Nih Sreyase Jangalikayamane
Samsara Halahala Mohashantyai*

*Abahu Purushakaram
Shankha Chakrg Shankhacakrsi Dharinam
Sahasra Sirasam Svetam
Pranamami Patanjalin
om*

Translation:

om

I bow to the lotus feet of the Supreme Guru which awaken insight into the happiness of pure Being, which are the refuge, the jungle physician, which eliminate the delusion caused by the poisonous herb of Samsara (conditioned existence).

I prostrate before the sage Patanjali who has thousands of radiant, white heads (as the divine serpent, Ananta) and who has, as far as his arms, assumed the form of a man holding a conch shell (divine sound), a wheel (discus of light or infinite time) and a sword (discrimination).

om

Ashtanga Yoga closing Chant

The Closing Prayer brings the practice to a peaceful end; sealing in the work done and offering the efforts of our practice to improve the practice to improve the state of the world.

ॐ
गेण मही महीशाः।
निभवंतु ॥
ः॥

om

*Svathi Praja Bhyaha Pari Pala Yantam
Nya Yena Margena Mahim Mahishaha
Go Brahmanebhyaha Shubamastu Nityam
Lokah Samastah Sukhino Bhavantu
Om Shanti Shanti Shantihi*

Translation:

May the rulers of the earth keep to the path of virtue
For protecting the welfare of all generations.
May the religious, and all peoples be forever blessed,
May all beings everywhere be happy and free
Om peace, peace, perfect peace

Asanas

Asana is not a particular posture, but a state. Within the word asana itself are the connotations of strength and firmness, as well as the connotations of pleasantness and comfort. This is the balance we are trying to achieve, strength and flexibility, not only in the physical postures, but also in our mental state.

Take the Ambition Out Of It

Everybody is unique and their progression in yoga is going to look differently than the person next to them. It is important to allow the asanas to arise out of an internal place rather than some externally imposed idea of what the posture should look like. As long as you are working at your peak, combining breath, bandhas, and movement, and you are gaining that internal sense of stretching and strengthening, you are exactly where you need to be.

In the beginning, the physical aspects of the postures will affect you the most. In time, and as you progress, you will become more aware of the flow of prana, life force, moving through your body. As your practice evolves, these subtle, but deep movements will reawaken your awareness and control of your body, leaving you both relaxed and full of energy.

To Flex Is To Stretch

By flexing your quads you will notice your hamstrings get a deeper stretch. As you pull your abdominals inward and upward you can feel the lower back lengthening. Maintain a flexed contraction within the stretch by engaging the opposing muscles. Don't sink into your knees or lock them. Always lift up the kneecap by flexing the quadriceps. Maintain awareness also of your elbows, shoulders, and wrists. The intention is to bring life energy into our bodies, for this we need awareness.

Some Tips

- Visualize yourself in the posture before moving into it. Some of our resistance is just a conditioned mental idea that we cannot do the posture. Change the mental idea.
- Never force it. Allow the breath to move you gradually deeper into the posture.
- Focus on the breath to bring lightness, ease, and fluidity into the movement. This is not about contorting your body into some frozen posture, there is always movement in the stillness.
- Be patient with yourself, notice that the more even your breath, the slower the breath, the easier the movement.
- Let the thoughts go by, notice them as just thoughts, and then let them go.
- Notice how persistent the mind can be.
- Feel the breath as an extension of the bandhas.
- What happens to your spine if you connect breath and bandhas as you move into a posture? And if you don't?
- As you flex the front of your thigh (quadriceps), notice the extended stretch on the opposite side (hamstrings).

Integration The Challenge

The true challenge is not can you do a handstand, but can you apply yoga to your life? Yoga truly begins when you leave the classroom. Yoga is a way of living. Every posture reflects something about our internal state. Some days you may have trouble with the balancing postures and notice you are having trouble juggling all the different things in your life. Another day you may discover you're not as flexible as the day before, perhaps you've become a bit less fluid in your thinking or actions, resistant to stretching yourself a bit further. Flexibility • strength • grounded • balance centered • clarity lightness wholeness peace - these are all directly applicable, translatable to our daily lives. Nothing is separate. The path of least effort is one of union, yoga. Take the lesson of your and apply them to your life.

Sun Salutation: the dawning of a ritual

Ritual connects us to the absolute

By tradition, at dawn the yogis practiced greeting the sun with a salutation. A yoga session is incomplete without it. An ideal exercise to get you moving, Suryanamaskara welcomes the new day, preparing for the asanas, heating up the body, toning up the muscles, quickening and intensifying the respiration and cardiac rhythm. The sun salutation is the foundation of your practice, it establishes the connection of movement and breath, uniting body, mind, and spirit.

Not only is the sun salutation a preparation for the rest of your yoga practice, but it is a Complete exercise within itself. Suryanamaskara tones up the digestive system by the alternate stretching and compression of the abdominal region. It massages the inner organs, stomach, liver, and spleen. It activates digestion and aids in reducing constipation, Synchronizing breath with movement, the lungs are thoroughly ventilated and the blood oxygenated, creating a detoxifying effect. The sun salutation steps up cardiac activity and blood flow throughout the system, which is ideal for the health of the body. by stretching and bending the spinal column, this sequence of movements through the skin, lungs, intestines, and kidneys. Immunity to disease is increased by strengthening its potential breathing ground.

Concentration and the maintenance of an uninte-

rupted rhythm throughout the succession of the sun salutation are key. Synchronize breath with movement and connect with the rhythm, your own internal rhythm.

Start by practicing three round. Gradually increase to five or six.

PRACTICE

Surya Namaskara A

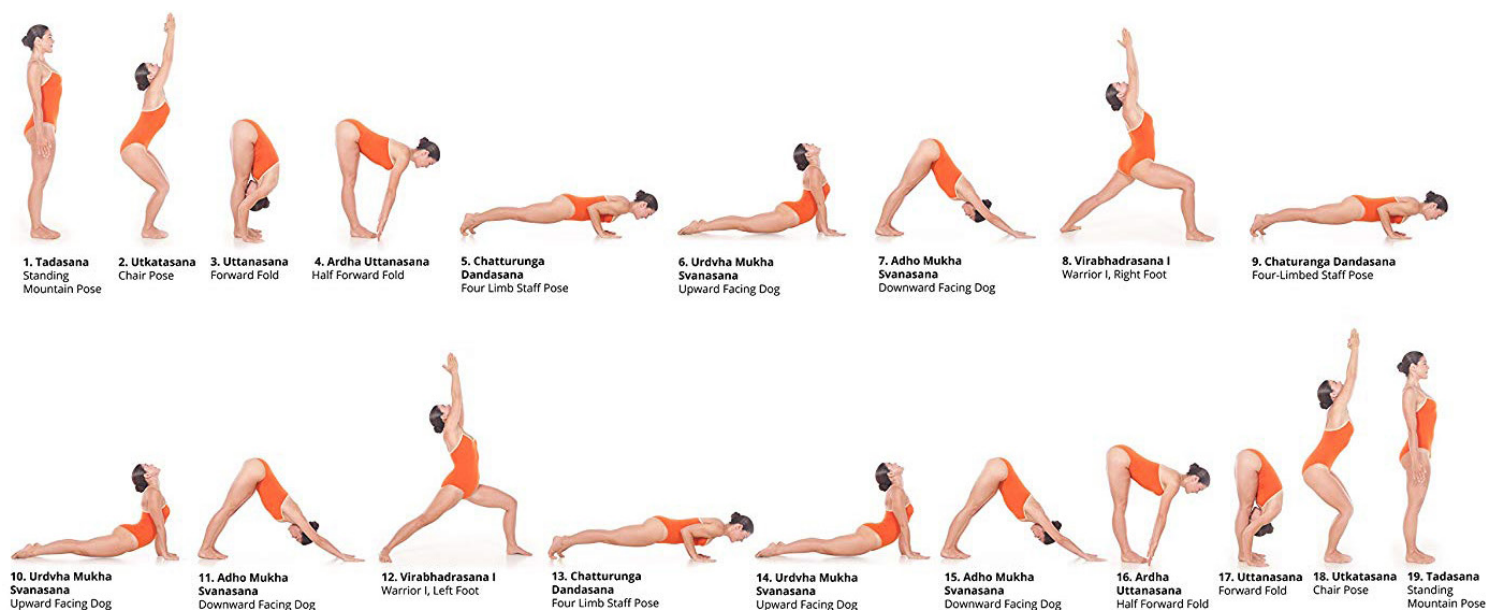
Begin in samasthiti, equal standing

- 1.- Inhale, hands up, look up to the thumbs.
- 2.- Exhale, bend forward to Uttanasana, gaze at tip of nose.
- 3.- Inhale, head up, straighten spine, gaze at third eye.
- 4.- Exhale, bend knees, jump back (or step back) to Chaturanga Dandasana.
- 5.- Inhale, roll up to Urdwa Mukha Svanasana, upward dog, gaze to sky. back and up
- 6.- Exhale, lift hips back to Adho Mukha Svanasana, downward dog, gaze toward navel, Hold for 5 breath.
- 7.- Inhale, jump (or step) feet up between hands, gaze between eyebrows.
- 8.- Exhale, fold at waist to Uttanasana, gaze tip of nose.
- 9.- Inhale, come all the way up looking between eyebrows with spine straight, hands up, gaze at thumbs.
- 10.- Exhale, arms to side, Samasthiti



Surya Namaskara A

Surya Namaskara B



Practice

Surya Namaskara B

Begin in samasthiti , equal standing

- 1.- Inhale, bend knees , lift arms, palms together over head, gaze at thumbs
- 2.- Exhale, straighten legs to a forward bend , Uttanasana , gaze at nose.
- 3.- Inhale , head up, lengthen spine, gaze at third eye.
- 4.- Exhale , jump back to chaturanga Dandasana.
- 5.- Inhale , lift chest, head back to urdhva mukha svanasana , upward facing dog, gaze at sky.
- 6.- Exhale , lift hips to downward dog , Adho Mukha Svanasana , gaze toward navel.
- 7.- Inhale, right foot forward, left heel turned inward , Virabhadrasana , lift arms , palms together. Right knee bent , left leg straight with back foot pressed into floor. Gaze at thumbs
- 8.- Exhale , back to chaturanga Dandasana
- 9.- Inhale , upward facing dog, Urdhva Mukha Svanasana.
- 10.- Exhale back to downward dog.
- 11.- Inhale , left foot forward, right foot turned in at an angle Virabhadrasana ; lift arms above head, gaze to thumbs , left knee bent.
- 12.- Exhale back to chaturanga
- 13.- Inhale upward dog.
- 14.- Exhale, downward dog, hold for 5 breaths , gaze toward navel.
- 15.- Jump feet up between hands, inhale head up, gaze between eyebrows.
- 16.- Exhale, bend forward crown of head toward floor , look to nose, Uttanasana.
- 17.- Inhale, Knees bent as you come up to Utkatasana.
- 18.- Exhale, Straight legs, arms to side, Samasthiti.

The Primary Series

There are 6 series or sequence of posture in the ashtanga yoga system. This manual focuses on the primary or first series, which is known as yoga chikitsa (Yoga therapy). It is designed to heal, detoxify, and align the body and mind, particularly the spine.

The sequencing of posture is a science, set up so that each asana provides a necessary foundation for what follows. We always begin with the sun salutation and standing posture to generate heat and connect with the breath. The first half of the primary series (which begin after the standing posture) is mostly forward bends, working the hamstrings, hips and back. The middle section focuses on flexibility and the third part combines flexibility with strength posture. The finishing posture are the same regardless of what series you are practicing. They are restorative posture designed for cooling down, balancing out the body, and integrated the effects of the practice.

This is the vinyasa system, a breathing / moving system. Each pose flows into the next using breathing and the bandhas (locks). If you don't have time for the whole series always begin with the sun salutation and standing postures. Work through a portion of the sitting posture and always finish with the corpse, modify them to your ability. And keep breathing.

The primary series : Standing asanas

1: Padangusthasana (Big toe posture)

Pada = foot or leg Padangustha = big toe

Begin in Samasthiti.

Jump feet hip width apart (6-8 inches), feet parallel.

- 1.- Inhale, hands on hips, lift chest, look up and back.
- 2.- Exhale, bend forward, hold onto big toes with

middle and index fingers.

- 3.- Inhale, head up, straighten back like a ski slope, arms straight, look up between eyebrows.
- 4.- Exhale, move crown of head towards floor, elbows out to sides.

Drishti: nose.

Hold posture for 5-8 breaths.

Modified posture: bend knees.

- 5.- Inhale, head up, look between eyebrows (only your head, don't come all the way up yet).

2: Padahasthasana (Hand under foot posture)

Pada = foot Hasta = hand

- 1.- Exhale, slide hands under feet.
- 2.- Inhale, head up, look up and extend spine, place the hands as far under the feet as possible, toes come to the wrists, the back of the wrists should be on the floor and weight off the heels.
- 3.- Exhale, fold at waist, head towards floor.

Drishti: nose.

Hold posture for 5-8 breaths.

- 4.- Inhale, just your head up, gaze 3rd eye.
- 5.- Exhale.
- 6.- Inhale, come all the way up, spine straight. Modified posture: bend knees.
- 7.- Exhale, Samasthiti

3: Utthita Trikonasana (Triangle Posture)

Utthita = extended Tri = three Kona = angle

- 1.- Inhale, jump to right, right foot parallel to edge of mat, left heel turned inward, heels 3 ft apart.
- 2.- Exhale, reach out over foot and bend to right,

hold big toe of right foot with first two fingers of right hand and pull up on it, creating counter tension and oppositional stretch. Turn head to look up toward left thumb, opening chest toward ceiling. Feel the rotation of the hips as the right hip moves under and the left hip rotates open.

Drishti: thumb of left hand.

Hold for 5-8 breaths.

- 3.- Inhale, come up slowly.
- 4.- Exhale to other side, repeat 1-3.
- 5.- Inhale, come up, keeping arms out to sides.

Modified posture: right hand to ankle or shin or up as high as necessary to prevent straining back. If neck is strained, look to toes and then back up to thumb.

4: Parivrtta Trikonasana (Revolving Triangle)

Parivrtta = revolved Tri = three Kona = angle

Exhale, revolve around pulling left hip back, bringing left hand to the floor on the outside of the right foot, right arm up, keep shoulders moving down away from ears. Push on floor with bottom hand while pulling up with the top hand to create counter tension. Lengthen both sides and pull lower ribs toward front. It helps to step the back foot up a bit.

Drishti: thumb of right hand.

Hold for 5-8 breaths.

- 1.- On last exhale turn head to look down to hand on floor.
- 2.- Inhale, come up.
- 3.- Exhale, revolve around to the other side, repeat 1-2.

Modified posture: bring both hands to the right shin, look up, spine straight.

- 4.- Exhale to Samasthiti.

5: Utthita parsvakonasana extended side angle pose

Utthita = extended Parsva = side Kona = angle

- 1.- Inhale, jump to right, approximately 4 ft apart, arms out to the sides, left heel turned in, right foot parallel to edge of mat.
- 2.- Exhale, bend right knee over right ankle, extend right arm out as far as possible before placing it on floor outside of the right foot, either palm or finger tips, keep the pelvis tucked, open chest toward ceiling, press right knee into right arm and push on floor with back foot, feeling of being drawn and quartered.

Drishti : palm of left hand.

Hold for 5-8 breaths.

- 3.- Inhale, come up.
- 4.- Exhale down to other side, repeat 1-3.

Modified posture: right elbow on right knee instead of hand to floor, back knee on the floor if necessary.

6: Parivritta Parsvakonasana (Revolving Side Angle Pose)

Parivritta = revolved Parsva = side Kona = angle

Exhale, turn to right bending right knee directly over right ankle. Bring left elbow on the outside of right knee and place hands in prayer, spiraling chest open to ceiling looking skyward. Use breath to move deeper into the posture lifting belly off of thigh. To revolve even more fully into the posture reach left arm underneath right thigh and clasp wrist of right arm, always opening chest and lengthening into the twist. To extend into the full traditional pose, place your left hand to the floor outside of your right foot and spiral your right arm over your right ear.

Drishti: sky.

Hold for 5-8 breaths

- 2.- Inhale, come up.
- 3.- Exhale to other side, repeat 1-2.

Modified posture : back knee on the floor.

- 4.- Samasthiti.

7: Prasarita Padottanasana A-D (Intense Wide Leg Stretch)

Prasarita=spread out Pada=foot Uttana=intense stretch

A.

- 1.- Inhale, jump to the right, feet approximately 41/2 ft apart, legs out to side, feet parallel, hands on hip joint. Look up and back open chest, tuck pelvis.
- 2.- Exhale, fold forward, lengthening as you bend at waist, place both hands on floor between feet shoulder width apart. Pull the scapula up the back and away from the shoulders, elbows out to sides.
- 3.- Inhale, head up, look up between eyebrows, spine straight.
- 4.- Exhale, crown of head towards the floor.

Drishti: nose.

Hold for 5-8 breaths.

- 5.- Inhale, head up, look up between eyebrows.
- 6.- Exhale, hands to hip joint.
- 7.- Inhale, come up, spine straight.
- 8.- Exhale.

Modified posture: bend knees.

B.

- 1.- Inhale, arms out to the sides.
- 2.- Exhale, hands on hip joint, fingers pushing into abdom emphasize uddivana bandha, pull the elbows together and it more hips, top of head moving towards floor, shoulders away from eais.

Drishti: nose.

Hold for 5-8 breaths.

- 3.- Inhale, look up to 3rd eye, come all the way up, lengthening from base of spine.
- 4.- Exhale.

Modified posture: bend knees.

C.

- 1.- Inhale, arms out to sides.
- 2.- Exhale, interlace fingers behind back, palms facing each other.
- 3.- Inhale, look up, open chest pulling arms and shoulders back.
- 4.- Exhale, bend forward, arms over head bringing hands toward floor.

Drishti: nose.

Hold for 5-8 breaths.

- 5.- Inhale, come up looking to forehead.
- 6.- Exhale.

Modified posture: hold elbows behind back, look directly ahead, spine straight instead of coming all the way down. Bend knees if necessary.

D.

- 1.- Inhale, hands on hips, lift chest, pelvis forward.
- 2.- Exhale, bend forward, hands to big toes pressing roots of big toes down while pulling up with fingers (hold toes with index and middle fingers, and thumbs).
- 3.- Inhale, head up, look up between eyebrows,

straighten spine.

- 4.- Exhale, bend forward, top of head towards floor. Elbows bent, shoulders away from ears, arms pulling out to side to bring body closer toward legs, keeping chest open, shoulder blades moving down the back.

Drishti: nose.

Hold for 5-8 breaths.

- 5.- Inhale, head up.
- 6.- Exhale, hands to hips.
- 7.- Inhale, come all the way up, straight spine.
- 8.- Exhale, top of the mat, to Samasthiti.

Modified posture: hold back of legs with hands, keep back straight (don't go all the way down).

8: Parsvottanasana (Intense Side Stretch Posture)

Parsva=side Uttana=intense stretch

- 1.- Inhale, jump feet out 3 ft apart, right foot parallel to edge of mat (90 degrees) left heel turned in (left foot at a 45-60 degree angle).
- 2.- Exhale, hands in prayer behind back, turn hips to right, lift kneecaps.
- 3.- Inhale, look up, open chest.
- 4.- Exhale, press palms together not clasping thumbs or fingers, stretch out and then down, bend from the hips forward over right leg, bring chin toward shin. Pull right hip back so hips are parallel, lift elbows.

Drishti: 2nd toe of extended foot.

Hold for 5-8 breaths.

- 5.- Inhale, come up.
- 6.- Exhale, turn hips to left, reverse feet.

- 7.- Inhale, open chest, look up and back.

- 8.- Exhale, bend forward over left leg. Hold 5-8 breaths.

- 9.- Inhale, come up.

- 10.-Exhale, hop to Samasthiti.

Modified posture: hold elbows behind back instead of hands in prayer, stay at half way down position with head up, spine straight.

9: Utthita Hasta Padangusthasana (Hand To Big Toe Posture)

Utthita=extended Hasta=hand Pada=foot Padangustha=big toe

- 1.- Inhale, right leg up, hold big toe with first two fingers of right hand, left hand on hip, right leg straight.
- 2.- Exhale, chin towards knee.

Drishti: big toe.

Hold for 5-8 breaths.

Modified posture: hold knee into chest.

- 3.- Inhale, look up, straighten body, keeping leg extended out.
- 4.- Exhale, right leg out to right side, look to left.

Drishti: far to side.

Hold posture 5-8 breaths.

5. Inhale, leg back to center.
6. Exhale, take foot with both hands, pull leg toward chest (bending elbow), chin toward knee or shin.
7. Inhale, head up.
8. Exhale, hands to hips, hold leg extended straight out in front for 3 breaths. With last exhale bring leg down to Samasthiti.

Repeat other side.

Modified posture: keep knee bent as you bring leg out to side and back in to chest

10. Ardha Baddha Padmottanasana (Half Bound Lotus Forward Bend)

Ardha = half Baddha = bound Padma = lotus Uttana = intense stretch

- 1.- Inhale, place the right heel as close to the navel as possible.
- 2.- Exhale, reach around behind back with right hand and hold onto big toe of right foot.
- 3.- Inhale, lift left arm up.
- 4.- Exhale, bend forward, looking straight ahead, left hand on floor.
Drishti: nose.
Hold for 5-8 breaths.
- 5.- Inhale, head up, look between eyebrows.
- 6.- Exhale, fold forward, crown of head towards floor.
- 7.- Inhale, head up, look up.
- 8.- Exhale, spine straight.
- 9.- Inhale, come up.
- 10.-Exhale, leg down to Samastithi.
Repeat left side, 1-10.

Modified posture : hold foot up in half lotus with both hands, 5-8 breaths, don't bend forward. Or bend forward with both hands to the floor, and knee bent.

11: Utkatasana (Fierce Pose)

Utk = fierce or powerful

- 1.- Inhale, hands up, look up to thumbs.
- 2.- Exhale, forward bend, gaze nose.
- 3.- Inhale, head up, gaze 3rd eye.
- 4.- Exhale, bend knees, jump back to Chaturanga.
- 5.- Inhale to upward dog, lift chest.
- 6.- Exhale back to downward dog.
- 7.- Inhale, head up, bend knees and jump to top of mat, feet together. Straighten or lift upper body to erect position with knees bent, palms together but not clasped, arms as straight as possible pointed to ceiling. Deepen posture with each breath.

Drishti: thumbs

Hold for 5-8 breaths.

With last inhale deepen 1/2 way down towards floor.

- 8.- Exhale, come up and bend forward in a swan dive, arms to sides. Look toward 3rd eye and then tip of nose.
- 9.- Inhale, head up, look between eyebrows.
- 10.- Exhale, bend knees and jump back to Chaturanga.
- 11.- Inhale, upward dog.
- 12.- Exhale, downward dog.

12: Virabhadrasana A-B (Warrior)

Vira = hero

A

From downward dog, Adho Mukha Svanasana

1. Inhale, step right foot forward between hands, bend right knee degrees, square the hips, press back heel and outside of foot into as you lift

arms up over head, palms together, gaze upward and really emphasize mula bandha.

Drishti: thumbs.

Hold for 5-8 breaths.

- 2.- Inhale, straighten right leg, come up and turn around to other side, bend left knee, arms up over head.

Virabhadrasana A, left side 5-8 breaths.

B

- 9.- Inhale, keep the trunk straight, a feeling of being pulled from four directions, revolve hips open to right, arms out to sides looking over middle finger of left hand. Bend left knee, tuck pelvis, lift chest. Press back heel and outside of back foot into floor.

Drishti: tip of middle finger.

Hold for 5-8 breaths.

- 10.- Inhale, come up, straighten legs, revolve around to other side, bend right knee over right ankle, Virabhadrasana B, right side 5-8 breaths.
- 11.- Inhale, arms back up to Virabhadrasana A facing front, look up to thumbs.
- 12.- Exhale, hands to floor on either side of right foot and jump back to Chaturanga.
- 13.- Inhale, upward facing dog.
- 14.- Exhale, downward dog.
- 15.- Inhale, jump through to sitting, legs extended straight out.

The Primary Series: Sitting Posture

13: Dandasana (Staff Pose)

Danda=staff, rod

Sit with legs extended out in front and hands on floor by hips with fingers racing the feet, sitting up with spine straight. Place chin to chest in anara

bandha, shoulders rolled open and scapula pulled down the back.

Drishti: nose.

Hold for 5-8 breaths.

14: Paschimottanasana A-C (Intense West Stretch Or Sitting Forward Bend)

Paschima = west Uttana = intense stretch

A

1. Inhale, arms up, look up to thumbs.
2. Exhale, bend forward, hold onto big toes with middle and index fingers.
3. Inhale, head up, straighten spine, lift chest and look toward 3rd eye.
- 4 Exhale, bend forward, pulling elbows out to sides to help bring chest to thighs, then nose to knees. (In A, B, and C pull shoulder blades back down the spine as the arms stretch forward to create oppositional pull.)

Drishti: nose.

Hold for 5-8 breaths.

Modified posture: hands to ankles or shins, look up, spine straight.

B

1. Inhale, head up, look up between eyebrows, lengthen spine, this time hold around sides of feet.
2. Exhale, bend forward, go a little deeper into the posture and bring chin to knees, elbows should be above the ground out to the side, not touching the floor, Tee flexed.

Drishti: nose.

Hold for 5-8 breaths.

C

- 1.- Inhale, head up, look up, lengthen spine, this time clasp hands all the way around feet.
- 2.- Exhale into a forward bend.

Drishti: nose.

Hold for 5-8 breaths.

Vinyasa To Sitting

15: Purvottanasana (Intense east stretch)

Purva = east Uttana = intense stretch

- 1.- Exhale, place hands 1 ft behind hips, palms flat on floor, fingers pointing towards feet.
- 2.- Inhale, lift body up supporting weight with hands and soles of feet. Tuck pelvis, toes to floor. Arms straight, head back. Lift hips emphatically, bring inside edges of feet together and knees together.

Look back and up between eyebrows.

Drishti: 3rd eye.

Hold posture for 5-8 breaths.

- 3.- Exhale down.

Modified posture: if neck feels strained, keep chin to chest.

16: Ardha baddha padma paschimottanasana (Half bound lotus forward bend)

Ardha=half Baddha=bound Padma=lotus

- 1.- Inhale, bring right heel into the navel before

lowering knee to get leg as high up on thigh as possible. Try to keep both shoulders level with each other, pull scapula back and down the spine.

- 2.- Exhale, right arm around behind back and clasp toes on right foot, left index finger and thumb holding left big toe.
- 3.- Inhale, head up, look up between eyebrows.
- 4.- Exhale, bend forward, staying in half bound lotus, chin to shin or knee.

Drishti: nose

Hold for 5-8 breaths.

- 5.- Inhale, come up.

Modified posture: forget half bound lotus! Place right foot onto left thigh and bring both hands to left foot as you bend forward. If right foot doesn't go on top of thigh, just place foot on inside of left thigh.

Repeat other side.

17: Tiriang mukhaipada paschimottanasana (Reverse the leg direction of one leg intense east stretch)

Tiriang = reverse Mukha = Face Eka-pada = one leg Paschima = west (back side of body) Uttana = intense stretch

- 1.- Hale through to sitting with right foot by right hip, knees close together, left leg extended straight out in front. Before starting pose, lift flesh of left buttock and make room for the right calf by turning it out a bit with hands.
- 2.- Inhale, arms up, look up.
- 3.- Exhale, fold forward, hold top of foot with both hands or clasp left wrist with right hand around foot.
- 4.- Inhale, look up between eyebrows.

- 5.- Exhale, come forward and down, chin to shin or knee. Work to bring both hips to the floor. Keep both shoulders at same level with shoulder blades moving down the back, elbows off floor.

Drishti: big toe of extended foot.

Hold for 5-8 breaths.

Modified posture: place left hand out to side and push to keep right hip down. Or as above, but with a block or pillow under left buttock for support.

- 6.-Inhale, head up, come up.

- 7.- Exhale, repeat other side.

18: Janu sirsasana A-C (Head to knee pose)

Janu = knee sirsa = head

A

- 1.-Exhale, right heel into groin, right knee at 90 degree angle, left foot flexed. Hold foot with both hands or clasp left wrist with right hand.
- 2.- Inhale, look up between eyebrows, spine straight.
- 3.-Exhale, stretch out from the hips, bend forward, chest on thigh. Pull scapula back while pulling forward with hands around foot.

Drishti: big toe of extended foot.

Hold for 5-8 breaths.

- 4.-Inhale, head up, come up.

Exhale, repeat other side.

Modified posture: keep head up and bring hands to shin or ankle.

B

- 1.-Exhale, right heel to groin, then using your palms on the floor lift yourself up and move forward, so you're sitting on top of your foot with the heel into the perineum.

- 2.- Inhale, hands on left foot, look up and stretch spine up.

- 3.- Exhale, stretch out from hips, fold forward, chest on thigh, chin to shin. Drishti: toes.

Hold for 5-8 breaths.

Modified: use hands on the floor to support sitting posture with heel into perineum, do not bend forward.

4. Inhale, head up.

5. Exhale, repeat other side.

C

- 1.- Exhale, left leg stretched out, foot flexed. Take right foot in right hand, holding under foot and take your toes with the left hand, place the foot on the floor with the toes flexed on the floor (your hand can hold them flexed as they go down) right next to left thigh, molding the right arch around the left thigh. Lift the hips slightly to bring the body forward so the foot straightens.
- 2.- Inhale, head up, look up holding foot with both hands.
- 3.- Exhale, stretch forward from the hips with chest on thigh and chin to shin. Drishti: big toe of extended foot.

Hold for 5-8 breaths.

Modified: sit on toes.

**** optional***

19: Marichyasana A-D

Marichi=a sage, son of the Creator Brahma

A

- 1.- Exhale, pull right knee up with the right foot just in front of the right hip a few inches away from the left thigh. Keep bottom leg straight and flexed.
- 2.- Inhale, reach right arm up to ceiling.

- 3.- Exhale, wrap right arm around leg (low on shin) to meet left wrist behind back. Clasp left wrist with right hand and bring chin towards shin of straight leg, lengthening forward.
- 4.- Inhale, head up, look up.
- 5.- Exhale, bend forward, head towards knee.

Drishti: toes.

Hold for 5-8 breaths.

- 6.-Inhale, head up.

- 7.- Exhale, repeat other side.

Modified: sit straight up holding hands around knee.

B.

- 1.- Exhale, left leg into half lotus, bring left heel as close to navel as possible or into the crease of the right thigh. Right leg extended straight out. Bring right foot towards buttocks, right knee to ceiling.
- 2.- Inhale, right arm up, look up.
- 3.- Exhale, fold forward with shoulder low bring right arm around right leg. Hold left wrist with right hand.
- 4.- Inhale, head up, look up.
- 5.- Exhale bend forward, stretch spine from hips trying to get chin to floor between legs, stretch arms out and back.

Drishti: nose.

Hold for 5-8 breaths.

- 6.- Inhale, head up, look up.
- 7.- Exhale, repeat other side.

Modified: instead of placing left leg into half lotus, place left foot along the inside of right thigh. Do not bend forward toward floor. Keep spine straight, look up.

C

- 1.- Exhale, right knee up, left leg extended straight out onto floor.
- 2.- Inhale, stretch left arm to ceiling to make room
- 3.- Exhale, wrap left arm around the right leg with the armpit as close to the knee as possible, clasp the right wrist with the left hand, gently pull to deepen the twist. Pull the right hip towards the floor and straighten the spin as much as possible, with shoulders revolved, trying to make the twist come from the abdomen and waist as well as from the thoracic spine.

Drishti: far to right.

Hold for 5-8 breaths.

- 4.- Inhale, unwind.
- 5.- Exhale, repeat other side.

Modified: twist with right palm flat on floor, left arm along side left shin.

D

- 1.- Exhale, left leg into half lotus, bring left heel as close to navel and foot as high on the thigh as possible. Bring right knee up towards ceiling, right foot close to right buttock.
- 2.- Inhale, twisting to left, lift left arm to ceiling, look up.
- 3.- Exhale, extend left arm around outside of right knee with armpit over knee, looking to the right. Clasp right wrist with left hand behind back if possible or clasp fingers.

Drishti: far to right.

Hold for 5-8 breaths.

Repeat other side.
Beginners skip this posture.

20: Navasana (Boat Posture)

Nava = boat

- 1.- Inhale, jump through, without touching feet to floor if possible, to sitting, both legs extended out straight.
- 2.- Exhale, lift legs, arms parallel to floor, lift chest.

Drishti: toes.

Hold for 5-8 breaths.

Modified: bend knees, and/or place elbows and forearms on floor.

- 3.- Exhale, cross legs, palms to floor, inhale, lift up, without touching floor if possible, for one breath. Exhale, buttocks back to floor.
- 4.- Inhale, lift legs back up without touching floor... repeat 5X.

21: Bhujapidasana - (Shoulder Pressure Posture)

Buja=shoulder Pida=pressure

FROM VINYASA

- 1.- Inhale, jump legs around arms, palms on floor (to get farther into pose, take a moment to work shoulders under knees, keep hips lifted).
- 2.- Exhale, sit back, cross feet in front.
- 3.- Inhale, head up, look up.
- 4.- Exhale, slowly move forward until head and feet are just above the floor. (To modify bring top of head to the floor.).

Drishti: nose. **Hold 5-8 breaths.**

Modified: keep buttocks on floor and stretch legs around arms, knees bent, palms flat.

- 5.- Inhale, head up, balance legs on upper arms, extend feet straight out, toes pointed; Tittibhasana - flying insect posture.

Drishti: feet.

Hold for one breath

- 6.- Exhale, bring one leg at a time back so that knees are resting into upper arms.

- 7.- Inhale, head up, look up, lift mula bandha; Bakasana - crane posture. **Drishti:** nose.

Hold for one breath.

Exhale, jump back.

22: Kurmasana (Tortoise Posture)

Kurmasana=tortoise

- 1.- Inhale, jump feet around arms.
- 2.- Exhale, bend arms and lower buttocks to the floor.
- 3.- Inhale, head up, extend legs straight with backs of knees high up on arms, pressing through heels. Arms stretched out to sides underneath legs. Chin to floor, chest to floor.

Drishti: 3rd eye.

Hold for 5-8 breaths.

Modified: keep knees bent and chest lifted, you've got the rest of your life to get your chest to the floor.

23: Supta Kurmasana (Sleeping Tortoise)

Supta=sleeping Kurmasana=tortoise

- 1.- Inhale, head up, bend knees, bringing feet in towards each other. Cross right foot over left. Bring shoulders under knees.
- 2.- Exhale, slide hands around behind back until underneath legs and clasp them together.

Drishti: nose.

Hold for 5-8 breaths.

Modified: skip it until you can get your chest to the floor without feeling pain in your back.

- 3.- Exhale, lift up to Tittibhasana.

- 4.- Inhale, head up, look up.

Drishti: nose.

Hold for one breath.

- 5.- Exhale, jump back.

24: Garbha Pindasana (Embryo Posture)

Garbha = womb Pinda = embryo

- 1.- Inhale, fold legs into lotus, right leg first. Bring the feet as high up on the thighs as possible, push knees closer together.
- 2.- Exhale, slip hands through space between thighs and calves so that arms are through legs up to elbows. (Slip right hand through hole first starting with the palm down, then rotate the palm upwards about 1/2 way through, use your left hand to bend right elbow and bring it farther through. Repeat with left hand.) Bend arms and place hands in prayer in front of chest, or place chin in palms of hands.

- 3.- Inhale, rock and roll; roll backwards and forwards in a full circle, backwards on the ex-hale and forwards on the inhale. Repeat roll 9X. Drishti: straight ahead.

Modified: hold either crossed legs into chest or just bend knees and bring knees into chest, then rock and roll around in circle. Note: Spray insides of elbows and knees with water to facilitate posture.

25: Kukutasana (Rooster Posture)

- 1.- Inhale, roll up, place palms flat on floor (still with arms through legs) lift bottom and knees off floor and then balance.

Hold for 5-8 breaths.

Drishti: 3rd eye.

Modified: inhale, roll up, place palms to floor by hips with legs crossed, lift up if possible.

- 2.- Exhale, sit down.

26: Baddha Konasana A-B (Bound Angle Posture)

Baddha=bound Kona=angle

A

1. Inhale, bring feet in towards perineum, hold feet with hands and open soles out to ceiling. Let knees move down towards the floor as hips open. Bring chin towards chest. Lift chest. Sit up straight.

Engage all 3 bandhas.

Drishti: nose.

Hold for 5-8 breaths.

B

- 1.- Exhale, bend forward and bring chin and chest to floor, lengthen from base of spine.

Drishti: nose.

Hold for 5-8 breaths.

Modified: repeat A

27: Upavista Konasana A-B (Seated Angle Posture)

Supta=reclining Kona=angle

A

- 1.- Inhale, come through to sitting with legs wide apart holding onto outside edges of both feet. Look up, lift chest.
- 2.- Exhale, bend forward, lengthening spine as you bring chin and chest to floor.

Drishti: nose, or 3rd eye if deep into pose.

Hold for 5-8 breaths.

Modified: hands to ankles, shins, or knees. Keep spine straight and look directly ahead, lift chest, do not bend forward.

B

- 3.- Exhale, roll over, chin and chest to floor again, landing on calf muscles. Drishti: nose or 3rd eye.

Hold for one breath.

Inhale up, exhale, jump back to vinyasa.

VINYASA TO LYING DOWN

28: Supta Konasana A-B (Lying-Down Angle Posture)

Supta=reclining Kona=angle

A

- 1.- Exhale, rock back, lift legs over head to floor with legs spread wide, fingers inserted between big toes.

Drishti: nose.

Hold for 5-8 breaths.

- 2.- Inhale, rock up, pause with legs up.

B

- 3.- Exhale, roll over, chin and chest to floor again, landing on calf muscles. Drishti: nose or 3rd eye.

Hold for one breath.

Inhale up, exhale, jump back to vinyasa.

29: Supta Padangustasana (Reclining Big Toe Posture)

Supta=reclining pada=foot angustha=big toe

Jump Through To Laying Down On Back

1. Inhale, bring right leg up holding onto right big toe with first two fingers and thumb of right hand. Leg should be as vertical as possible. Place left hand on left thigh, head down.
- 2.- Exhale, lift up so chin comes to right knee.

Drishti: toe.

Hold for 5-8 breaths.

Modified: right hand on shin or behind knee.

- 3.- Exhale, head down. Take right leg out to the side, bring heel to floor, turn head to look over left shoulder. Left hand on left thigh, legs straight. Drishti: far to left. Hold for 5-8 breaths.
- 4.- Inhale, bring right leg back to center, holding onto big toe with both hands.
- 5.- Exhale, chest to thigh, chin to shin. Add a split at end, pulling leg to floor over head.

Drishti: toe.

Hold for 1 breath.

- 6.- Inhale, head and leg down.
Repeat other side.

VINYASA TO LYING DOWN OR
CHAKRASANA TO

30: Ubhaya Padangusthasana (Both Big Toes Posture)

Ubhaya=both Pada=foot Angustha=big toe

- 1.- Inhale, bring both legs over head so that the toes touch the floor holding onto big toes with thumbs and first two fingers of each hand, chin to chest. Hold one breath.
- 2.- Exhale.
- 3.- Inhale, roll up to balance on tailbone and sit bones, arms and legs extended, head back, look up.
Drishti: 3rd eye.
Hold for 5-8 breaths.

Modified: bend knees as you come up to balance on tailbone and slowly straighten legs, or just keep them bent. Lift chest.

PALMS TO FLOOR, VINYASA TO
LYING DOWN.

31: Urdhva Mukha Paschimottasana • (Upward Facing Full Forward Bend)

Urdhva=upward Mukha=face Paschima=west

- 1.- Inhale, bring both legs over head, toes to floor holding outside edges of feet with hands. Hold one breath.
- 2.- Exhale.
- 3.- Inhale, roll forward and up, pull chest to thighs.
Drishti: 3rd eye.

Hold for 5-8 breaths.

Modified: keep knees bent as you roll up to balance, hold onto ankles or calves.

32: Setu Bandhasana. Bridge

Setu=bridge

- 1.- Inhale, bend knees, bring feet in towards buttocks, heels together, toes pointed outwards. Using elbows for support, lift chest off floor.
- 2.- Exhale, tuck pelvis and lift hips upward, rolling head so that the balance is now on the head and feet. As you roll onto head straighten legs so that they are extended.

Drishti: 3rd eye. **Hold for 5-8 breaths.**

Modified: instead of coming up onto head, keep knees bent and feet parallel, resting weight evenly on shoulders and feet (flat to floor). Lift pelvis upward and keep shoulders and feet on floor.

- 3.- Exhale back down to lying on floor, bending knees open as you come out of the posture.

CHAKRASANA TO LYING DOWN

33: Urdhva Dhanurasana (Upward Bow Posture)

Urdhva=upward dhanur=bow

- 1.- Exhale, bending knees bring feet in towards buttocks, feet firmly planted and parallel. Place palms onto floor by ears, fingers pointing towards feet.
- 2.- Inhale, press up lifting pelvis and straightening arms and legs. Head hanging, neck long. Breathe! Mulabandha is key here.

Drishti: 3rd eye.

Hold for 5-8 breaths.

Modified: start with modified Setu Bandhasana as above and slowly progress to back bend by placing crown of head on floor first. Eventually work your way up to back bends after a few weeks.

- 3.- Exhale, come down, shoulders to floor, then roll spine down to floor. Repeat 3X, resting for a couple of breaths between back bends.

The Primary series : Finishing Asana

34: Paschimottanasana (Full Forward Bend)

Paschima=west Uttana=intense stretch

Begin from sitting position, legs extended straight out in front, hands by hips.

- 1.- Inhale, arms up, look up.
- 2.- Exhale, bend forward, hold onto sides of feet, or clasp wrist with hand.
- 3.- Inhale, head up, lengthen spine.
- 4.- Exhale, bend fully forward.

Drishti: nose.

Hold for 5-15 breaths.

Modified: bend knees.

- 5.- Inhale, head up, look up between eye-brows.

Exhale, lie down fully flexed, 5 breaths

35: Salamba Sarvangasana (Shoulderstand)

Salamba=supported Sarva=all Anga=body

Begin from a lying down position.

- 1.- Inhale, lift legs upward.
- 2.- Exhale, lift legs over head, toes to floor. Place hands on back as close to shoulders as possible. Walk elbows in towards each other. Chin to chest.
- 3.- Inhale, raise legs directly over head, supporting back with arms and hands, work the hands farther down the back closer to the shoulders with elbows close together. Relax your face!

Drishti: toes.

Hold for 5-8 breaths and gradually increase to 25.

Modified: keep most of the weight on arms and elbows, bend knees if neck feels compressed. Use padding under shoulders if you have any neck problems.

36: Halasana (Plow)

Hala=plow

1. Exhale, bring legs over head to floor. Feet together, toes pointed. Interlace fingers behind back and bring hands to floor. Spine straight.

Drishti: nose.

Hold for 5-10 breaths.

Modified: support back with hands and keep knees bent. Come part way up and over as far as possible.

37: Karnapidasana (Ear Pressure Posture)

Karna=ear Pida=pressure

- 1.- Exhale, bring knees to floor by ears, press the knees into ears and down into floor. Keep hands to floor behind back, spine lengthens over.

Drishti: nose.

Hold for 5-10 breaths.

Modified: knees to forehead, hands supporting back.

38: Urdhva Padmasana Upward (Lotus)

Urdhva=upward padmasana=lotus

1. Inhale, back up to shoulderstand, hands supporting back. Look to toes.
2. Exhale, put legs into lotus, right leg first, push up on knees with hands, straightening the arms.

Drishti: nose.

Hold for 5-10 breaths.

Modified: place soles of feet together in Baddha Konasana, with knees out to sides. Continue to support back with hands.

39: Pindasana (Embryo Posture)

Pinda=embryo

- 1.- Exhale, bring knees towards chest in full lotus, wrap arms around thighs and clap hands together.

Drishti: nose.

Hold for 5-10 breaths.

Modified: knees to forehead.

40 Matsyasana (Fish Posture)

Matsya=fish

- 1.- Inhale, take palms to floor along mat, arms straight. Bring legs down to floor still in full lotus.
- 2.- Exhale, using elbows for support, lift chest and bring top of head to floor. Hold onto feet or big toes and lift chest so that all weight is supported by buttocks and crown of head.

Drishti: 3rd eye.

Hold for 5-10 breaths.

Modified: place soles of feet together, knees open to sides. Lift chest, but support with elbows.

41: Uttana Padasana. Extended Leg Posture

Uttana=extended Pada=leg

1. Inhale, release legs and extend them straight up 45 degrees to the floor. Extend arms up parallel to legs, palms together.

Drishti: 3rd eye.

Hold for 5-10 breaths.

Modified: lay back on floor, lift legs.

VINYASA OR CHAKRASANA

42: Sirsasana (Headstand)

Sirsa=head

Come through to a kneeling position.

- 1.- Inhale, create a triangle with your hands and arms; interlace fingers with heels of hands, forearms and elbows on the floor, elbows shoulder width apart.
- 2.- Exhale, crown of head to floor, palms facing back of head, thumbs lightly touching head.
- 3.- Inhale, walk feet in towards torso until toes lift off by themselves and keep back straight
- 4.- Exhale, legs straight, inhale to lift legs up slowly. Most of the weight should be on elbows, forearms, and heels of hands, not on neck and head!

Drishti: nose.

Hold for 25 breaths. Begin with 5 breaths and work your way up to 25.

- 5.- Inhale, slowly lower legs until they're parallel to the floor, hold for 5 breaths. Look to big toes.
- 6.- Exhale.
- 7.- Inhale, raise legs all the way up for one breath.
- 8.- Exhale, lower legs to the floor. Sit back in child's pose, buttocks on heels. arms along sides, forehead to floor.

Modified: rabbit posture, begin on hands and knees, bring crown of head towards floor and hands to ankles. Lift hips towards ceiling.

- 9.- Inhale, come up to sitting.
10. Exhale, back to

VINYASA TO SITTING

Legs extended straight out in front

43: Yoga Mudra (Sealed Yoga Posture)

- 1.- Inhale, right foot up into half lotus, get heel as close into navel and right foot as high on left thigh as possible.
- 2.- Exhale, left leg over right into full lotus, push knees closer together.
- 3.- Inhale, lift left arm up and around to make space before taking it behind back, grasp left foot, push left elbow toward the toe with the right hand to make more room.
- 4.- Exhale, lift right arm up and around to make space before taking it behind back and grasp right foot (you can let go of left foot a moment to enable grasping the right).
- 5.- Inhale, look up, lift chest.
- 6.- Exhale, fold forward, chin to floor.

Drishti: 3rd eye.

Hold for 10-25 breaths.

Modified: sit cross legged, interlace fingers behind back, inhale head up, exhale head towards floor.

- 7.- Inhale, come up.

44 : Padmasana (Lotus)

Padma=lotus

- 1.- Inhale, hands to knees, forefinger and thumb touching (yana mudra, the seal of wisdom).
- 2.- Exhale, lift chest move shoulders away from ears, bring chin toward chest. Sit straight. Engage bandhas and listen to the breath. Drishti: nose.

Hold for 25 breaths.

Modified: sit with legs crossed.

45: Uttpluthi (Uprooting)

1. Inhale, press palms to floor, still in full lotus.
2. Exhale, lift up off floor, knees up

Drishti: nose.

25 fire breaths - intense breathing , belly moving.

Modified: legs crossed, palms to floor without lifting up.

ONE LAST VINYASA TO LYING
DOWN

46: Savasana (Corpse Posture)

Sava=corpse

Come through to lying down on back. First with everything flexed, alive. Feet flexed, palms facing down, shoulders moving away from ears. Then slowly relax here, arms by sides, palms up for at least 10-20 minutes.

Finishing Asana

The finishing series has a two fold importance. The first aspect is to give us opportunity to experience the effect of the practice we did. We feel an incredible level of awareness. Our spine is like an antenna at this point. It is able to receive the realization truth beyond the realm of sensory perception as we work on memory, intuition and imagination. We are ready to understand more clearly our nature and can put into action the forces and mysteries for our growth and development by synchronizing our inner and outer rhythms. We are at the most perfect place to express our consciousness. It is a time to experience quietness and when we sit we start to see that we only perceive a little of reality. The second aspect is to connect with the big picture. Where our conscious and unconscious are interweaving we see

that yoga offers us a practice method to create a state of unification. We connect with our divine nature. The realization of the divine sets us free. We practice yoga to go beyond our mind function, to expand our consciousness, to have a quieter inner dialogue, to feel peace and one pointedness. Practice leads us to unity of thoughts and actions, gives us a sense of cleansing the mind and provides us inner silence. It offers us guidance, creates non attachment, and insures better mental and physical health. Receive the fullness of your practice.

Sequence : linking the posture

Once you have an understanding of the individual postures, you can begin to link your postures one to another using smooth, deep ujjayi breathing to initiate the movement and create a continuous unfolding of asanas. The asana drawings with their drishtis are shown on the following pages, so you can open the book and have it handy as you learn and practice.

The primary series

5-8 breaths per pose



1
Padangusthasana
Drishti: Nose



2
Padahasthasana
Drishti: Nose



3
Utthita Trikonasana
Drishti: Thumb



4
Parivrita Trikonasana
Drishti: Thumb



5
Utthita Parshvakonasana
Drishti: Palm of hand



6
Parivrita Parshvakonasana
Drishti: Sky



7
Prasarita Padottanasana A
Drishti: Nose



8
Prasarita Padottanasana B
Drishti: Nose



9
Prasarita Padottanasana C
Drishti: Nose



10
Prasarita Padottanasana D
Drishti: Nose

The primary series

5-8 breaths per pose



11
Parshvottanasana
Drishti: Toes



12
Utthita Hasta Padangusthasana B
Drishti: Toes



13
Utthita hasta padangusthasana B
Drishti: Far to side



14
Utthita Hasta Padangusthasana C
Drishti: Toes



15
Utthita Hasta Padangusthasana D
Drishti: Toes



16
Ardha Baddha Padmottanasana
Drishti: Nose



17
Utkatasana
Drishti: Nose



18
Bakasana
Drishti: Straight



19
Virabhadrasana A
Drishti: (Right and left) Thumbs



20
Virabhadrasana A
*Drishti: (Right and left)
Tip of middle finger*

The primary series

5-8 breaths per pose



21
Dandasana
Drishti: Nose



22
Paschimottanasana A
Drishti: Nose



23
Paschimottanasana B
Drishti: Nose



24
Paschimottanasana C
Drishti: Nose



25
Purvottanasana
Drishti: 3rd eye



26
Arda Baddha Padma
Paschimottanasana
Drishti: Nose



27
Triang mukhaikapada
paschimottanasana
Drishti: Toes



28
Jhanusirshasana A
Drishti: Toes



29
Jhanusirshasana B
Drishti: Toes



30
Jhanusirshasana C
Drishti: Toes

The primary series

5-8 breaths per pose



31
Marichyasana A
Drishti: Toes



32
Marichyasana B
Drishti: Toes



33
Marichyasana C
Drishti: Far to Side



34
Marichyasana D
Drishti: Far to Side



35
Navasana to lift off 5 breaths cross feet and lift off repeat 5x
Drishti: Toes



36
Bhujapidasana A
Drishti: Nose



37
Bhujapidasana B
Drishti: Nose



38
Tittibhasana 1 breath transition do not hold
Drishti: Feet



39
Bakasana 1 breath transition do not hold
Drishti: Nose

The primary series

5-8 breaths per pose



40
Kurmasana
Drishti: 3dr eye



41
Supta Kurmasana
Drishti: Nose



42
Garbha Pindasana
Drishti: Straight



43
Kakkutasana D
Drishti: 3dr eye



44
Baddha Konasana
Drishti: Nose



45
Upavishta Konasana A
Drishti: 3dr eye



46
Upavishta Konasana B
Drishti: 3dr eye



47
Supta Konasana A
Drishti: Nose



48
Supta Konasana B
Drishti: 3er Eye

The primary series

From setubandhasana, breaths per pose



49
Supta Padangusthasana A
Drishti: Toes



50
Supta Padangusthasana B
Drishti: Far to side



51
Supta Padangusthasana C
Drishti: Toes



52
Ubhaya Padangusthasana A
Drishti: Nose



53
Ubhaya Padangusthasana B
Drishti: 3er eye



54
Urdhva Muka Pachimottasana A
Drishti: Toes



55
**Urdhva Mukha
Paschimottasana**
Drishti: 3er eye



56
Setubandhasana
Drishti: 3er eye



57
Urdhva Dhanurasana
Drishti: 3er eye



58
Paschimottasana
Drishti: Nose

The primary series



59
Shavasana



60
Sarvangasana
Drishti: Toes



61
Halasana
Drishti: Nose



62
Karnadpadasana
Drishti: Nose



63
Urdhva Padmasana
Drishti: Nose



64
Pindasana
Drishti: Nose



65
Matsyasana
Drishti: 3er eye



66
Uttana Padasana
Drishti: 3er eye



67
Sirshasana
Drishti: Nose



68
Balasana
Drishti: Nose

The primary series



69
Yogamudra
Drishti: 3er eye



70
Padmasana
Drishti: Nose



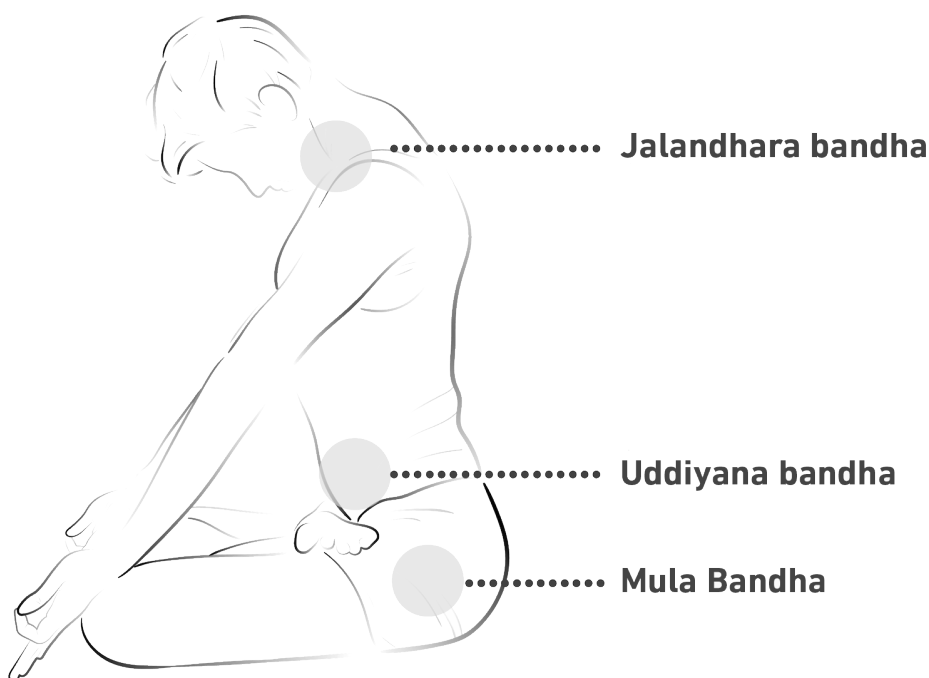
71
Utpluthi
Drishti: Nose



72
Shavasana

Ashtanga Yoga Primary Series

- Sun Salutation A
- Sun Salutation B
- Standing Sequence (Image 1 To 20)
- Seating Sequence (Image 21 To 56)
- Finishing Sequence (Image 57 To 72)



Bandha

Bandha (bond, arrest) is a term for the “body locks” in hatha yoga, treated under the heading of mudra. Specific bandhas are:

Mula bandha : contracting the perineum.

Uddiyana bandha : contracting of the abdomen into the rib cage.

Jalandhara bandha: tucking the chin close to the chest.

Maha bandha : combining all three of the above bandhas.

PRACTICE

Mula Bandha

Mula bandha is the principal, key and primary bandha of the yogic traditions. Mula bandha is endemic to all safe, grounded working of bodymind disciplines. The bandha in and of itself conditions the Muladhara Chakra. Mula bandha should be held as a restraint only after kumbhaka.

- Sit in a comfortable meditative pose, preferably siddhasana (with one foot into root chakra, see diagram). Close the eyes, make sure the body is completely relaxed and the spine is erect. For men, the area just inside the perineum has to be

contracted, so it is best to concentrate on this area for a few minutes. Women should concentrate on the cervix, as it is the cervix and vaginal muscles which have to be contracted. After a few minutes of concentration, start to gradually contract and release the muscles of the perineum/cervix. Contraction should last for a few seconds. Keep the breath normal. Contract, release twenty-five times.

- Prepare as above. Contract the muscles of the perineum/cervix and hold. Hold the contraction for sixty seconds, then release. Practice five times.
- Start off with a gentle or partial contraction. Contract just a little and hold without releasing. Then contract a little more. Continue like this, gradually increasing the tension and contraction ten times until full contraction is reached. Hold the full contraction for sixty seconds and try to breathe normally.
- Notice what happens when you activate mula bandha. Is it possible to contract and lift the pelvic floor and breath at the same time? Try it.
- Take about a 30 minute period during your day and try to maintain mula bandha for the full half hour. How many times did you come out of mula bandha?

PRACTICE

Uddiyana bandha

Uddiyan bandha is described as the abdominal lock in yoga. It is practiced by drawing the belly intensely in and up. It is the three interior body locks used in asana and pranayama practice to control the flow of energy (prana) in the body. Each lock seals a specific part of body.

Stand with feet about two feet apart. Bend the knees slightly and rest the hands above the knees, with the thumbs facing inwards and the fingers outwards. The spine must remain straight, not curved; the head should be kept up and eyes open. Inhale deeply through the nose, then exhale quickly through slightly pursed lips, but don't be forceful. Having fully exhaled, bring the chin to the chest (jalandhara bandha), raising the shoulders. Pull the abdomen and stomach inward toward the spine and up. Hold for a few seconds. Before inhaling, relax the stomach and abdomen, raise the head and stand straight. Then inhale through the nose slowly and with control. Before repeating another round, breathe normally for a minute or two. Start with three rounds and over a period of a few months increase to ten rounds.

- Sit in a comfortable cross-legged position (padmasana, siddhasana or sukhasana, depending on your flexibility). Sit on a cushion so that the buttocks are raised. Keep the palms of the hands on the knees and the spinal cord upright and straight. Eyes may be open or closed. Begin as above, practicing three to ten rounds, concentrating on the natural breath for a minute or two between rounds.
- Stand up and experiment moving from the middle of your body, try walking as if there is a string attached to your navel pulling you forward.
- Practice the bandhas at different times during the day. Notice the effect on your energy level.
- Notice any fears that arise when you're practicing the bandhas. • Connect the breath, mula bandha, and uddiyana bandha, and try to relax while maintaining the locks.

PRACTICE

Jalandhara bandha

Jalandhara bandha can be performed in a physical and external manner engaging the skeletal muscles, it can also be felt as a subtle and internal energetic process. Jalandhara bandha engages and tones the neck muscles and also activates and energizes the 5th chakra center.

- Sit comfortably in siddhasana or padmasana. Place the palms of the hands on the knees and allow the whole body to relax. Inhale slowly and deeply through the nose and retain the breath. Lower the chin so that it touches the collarbone. At the same time, straighten the elbows and raise the shoulders. Hold the breath and the position for as long as comfortable. Then release jalandhara bandha by slowly raising the head and relaxing the shoulders. Exhale in a very slow, controlled manner. Practice five rounds, breathing normally for a few minutes between each round. Then practice five rounds with external retention (exhale and hold).
- Visualize the throat as a net that captures the breath as it comes up.
- Notice when the chin is tucked how easy it is to see your navel.
- Pay attention to the opening of your throat while simultaneously locking the chin.
- Link all the bandhas and follow the flow of breath unobstructed while maintaining the locks in the body. Notice any change in energy level or effects on your thoughts.

Maha bandha

Maha bandha or the great lock combines all the three main bandhas or locks practiced by yogis - mula bandha, uddiyan bandha and jalandhara bandha. Maha bandha is said to activate the prana shakti thereby aiding and the awakening of kundalini shakti at the base of the spine.

Yoga Cleansing (Shatkarma)

PRACTICE

Jal Neti

Jala Neti is a yogic technique to clean your sinuses. Neti is one of the six purification methods in Hatha Yoga. The sinus cavities can get clogged with impurities which may cause infections, inflammations and headaches. The yogic text Hatha Yoga Pradeepika gives a simple method to keep your sinuses clean. The text gives six practices for cleansing the body and to prepare the body and mind for higher practices of Yoga. These are called Shatkarmas. One of them deals with Nasal hygiene and is called Neti. Nasal hygiene is extremely important as it is linked to many conditions like sinusitis, migraine, headaches, allergies and asthma. Neti is a very simple practice that can be done along with your daily routine, say immediately after brushing your teeth in the morning. It takes just a few minutes and helps to relieve many of the problems related to the nasal and sinus cavities.

- Pour the salt water into the Neti pot and place the spout of the pot into one of the nostrils, say the left nostril. The cone at the end of the spout should to be placed inside the nostril.
- Tilt your head gently and open your mouth (Breathing should be done through the mouth during the process). Adjust the tilt of your head up to a point where water starts flowing from your left nostril to the right nostril. Continue till the water in the pot is finished.
- Fill the pot again with salt water and try the same procedure from the other nostril (say the right nostril).
- You can repeat this process any number of times, depending on your need and time.

Benefits:

Neti helps to maintain the nasal hygiene by removing the dirt and bacteria trapped along with the mucus in the nostrils.

Neti de-sensitizes the sensitive tissues inside the nose, which can alleviate rhinitis, allergies and some asthmas.

Several health problems like sinusitis, migraine, headaches, ear problems like tinitis and middle ear infections can be reduced by doing Neti.

It can alleviate upper respiratory complaints, sore throats, tonsils and dry coughs.

It can clear the eye ducts and improve vision.

Effect of Neti on the mind is also notable. It can remove tensions and depressions; and give clarity of mind.

PRACTICE

Sutra Neti

Sutra neti is a yoga technique to clean your nasal cavity. Sutra Neti is one of the six methods of purification or Shatkarma as given in the yogic text Hatha Yoga Pradeepika. There are various types of Neti practiced by Yogis including Jala Neti (with water), Dughda reu (with Milk), Sutra Neti (with cotton string), etc. In Sutra Neti, a waxed cotton string is traditionally used to clean the nasal cavity.

- Take the rubber catheter in your hand and very gently insert the tube inside your left nostril. Take care not to rush it; do it very slowly as it can irritate the sensitive membrane inside the nostril. Many people have mild nasal septal deviations, which is more or less harmless. If the deviation is acute then one may feel a block while inserting the rubber tube. Seek expert guidance in such cases.
- Push the tube into your nostril upwards, till it hits the back of the throat. At this point the tube will bend and go down the throat. Continue inserting the catheter slowly.
- Open your mouth and use your middle and index fingers to grab the tube from inside your throat. This takes a little practice. Once you get the knack of it, you can do it with ease.
- Pull the tube out so that part of it is just outside the mouth. Never leave the other end of the tube, which you are holding with your other hand.
- Now using both hands move the tube in a massaging motion to clean the nostrils and throat.
- Repeat the procedure with the right nostril.
- After the practice is over, remove the catheter and clean it. Store the catheter in a clean place for another day's next practice.

Benefits:

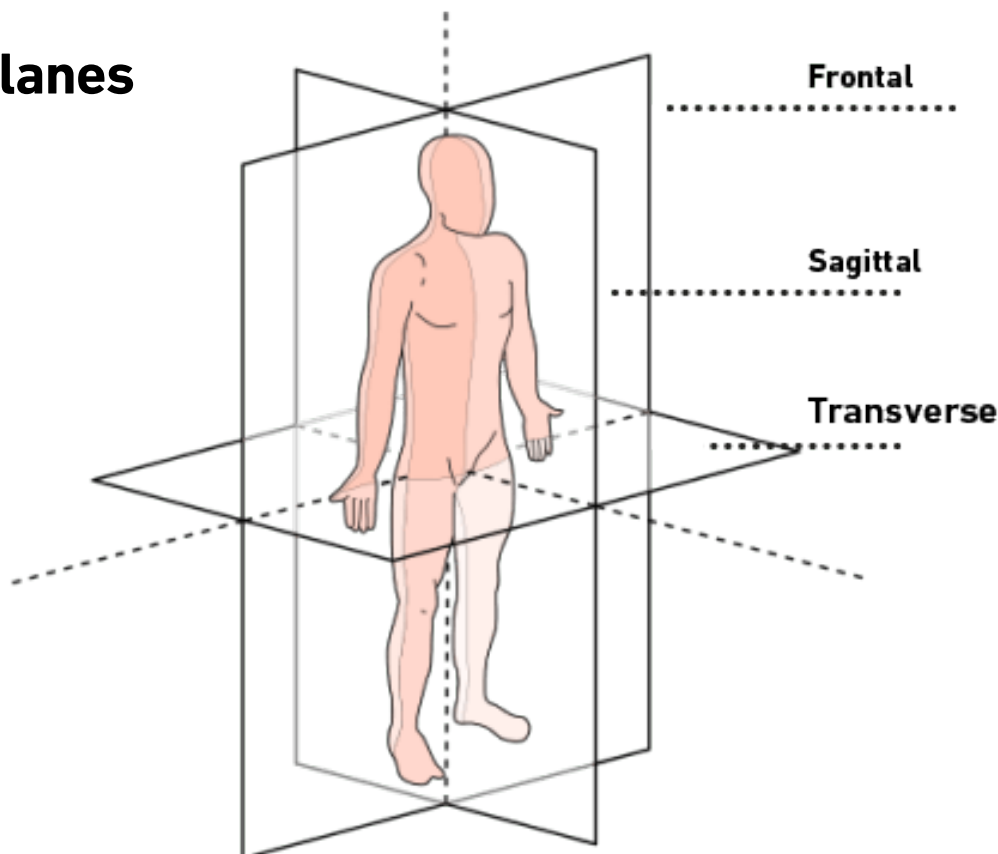
Sutra Neti has benefits similar to that of Jala Neti. The nasal cavities can get clogged with impurities which may cause infections, inflammations and headaches. Sutra Neti can give the following benefits:

It helps to maintain the nasal hygiene by removing the dirt and bacteria trapped along with the mucus in the nostrils. and some types of asthma.

It de-sensitizes the sensitive tissues inside the nose, which can alleviate rhinitis, allergies

Several health problems like sinusitis, migraine, headaches, can be reduced by doing Neti.

Body Planes



Yoga Anatomy

(A) The Sagittal Plane

Sagittal plane that runs down through the body, dividing the body into left and right portions. Sub-sections of the sagittal plane include:

- Midsagittal runs through the median plane and divides along the line of symmetry.
- Parasagittal is parallel to midline but does not divide into equal left and right portions.

(B) The Coronal Plane

Coronal (frontal) plane that runs perpendicular to the sagittal plane and divides the body into anterior and posterior (front and back) portions.

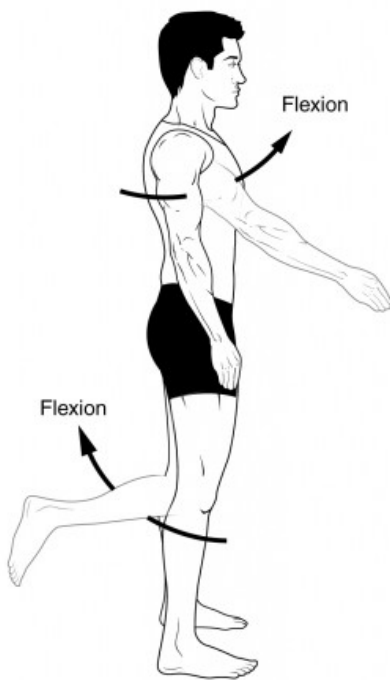
(C) The Transverse Plane

Horizontal plane that divides the body into upper and lower portions, also called cross-section.

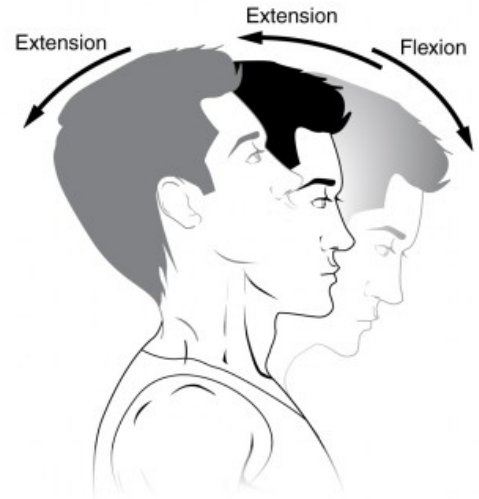
Movements

- Flexion
- Extension
- Hyperextension
- Adduction
- Abduction
- Pronation
- Supination
- Retraction
- Protraction
- Elevation
- Depression
- Rotation
- Circumduction
- External Rotation
- Internal Rotation
- Inversion
- Eversion
- Dorsiflexion
- Plantarflexion
- Radial Deviation
- Ulnar Deviation
- Opposition

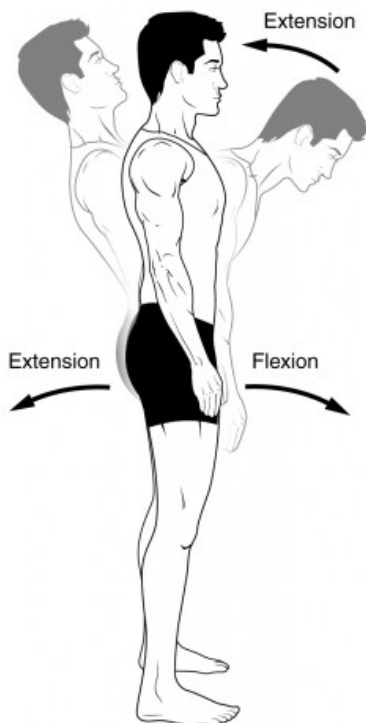
Anatomical Movements



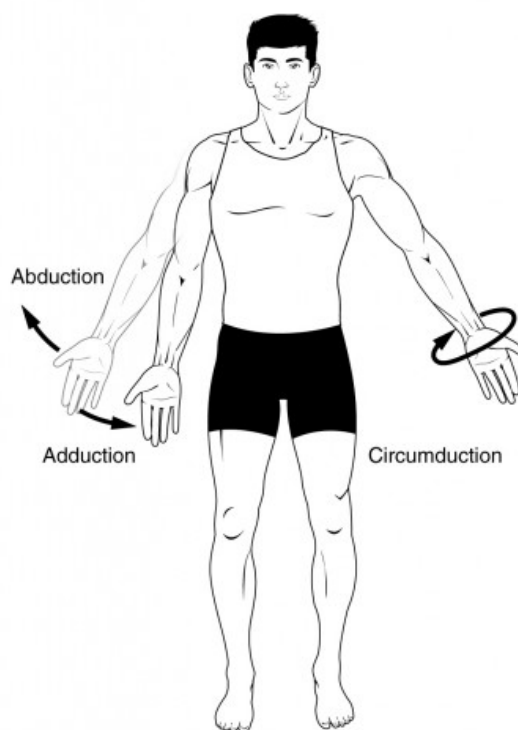
(a) and (b) Angular movements: flexion and extension at the shoulder and knees



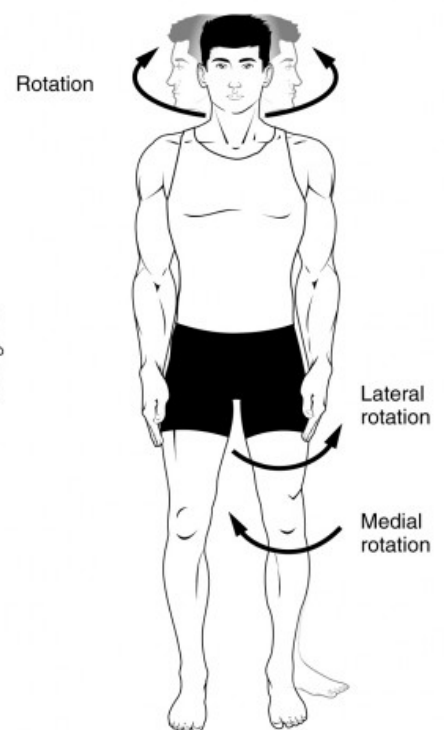
(c) Angular movements: flexion and extension of the neck



(d) Angular movements: flexion and extension of the vertebral column



(e) Angular movements: abduction, adduction, and circumduction of the upper limb at the shoulder



(f) Rotation of the head, neck, and lower limb

Flexion

Movement, generally in the sagittal plane, that decreases the angle of the joint and brings two bones closer together; typical of hinge joints but also common at ball-and-socket joints.

Extension

Opposite of flexion; movement that increases the angle, or the distance, between two bones or parts of the body

Hyperextension

Extension beyond 180 degrees

Adduction

Opposite of abduction; movement of a limb toward the body midline

Abduction

Moving a limb away (generally on frontal plane) from the midline/median plane of the body

Pronation

Forearm rotates medially so that the palm faces posteriorly, radius crosses the ulna in an x

Supination

Forearm rotates laterally so that the palm faces anteriorly, and the radius and ulna are parallel

Rotation

Movement of a bone around its longitudinal axis; common movement of ball-and-socket joints, describes movement of the atlas around the dens of the axis.

Circumduction

Combination of flexion, extension, abduction, and adduction commonly seen in ball-and-socket joints such as the shoulder; proximal end of the limb is stationary, and its distal end moves in a circle (outlines a cone)

Dorsiflexion

Lifting the foot so that its superior surface approaches the shin

Plantar flexion

Depressing the foot

Inversion

Turning the sole of the foot medially

Eversion

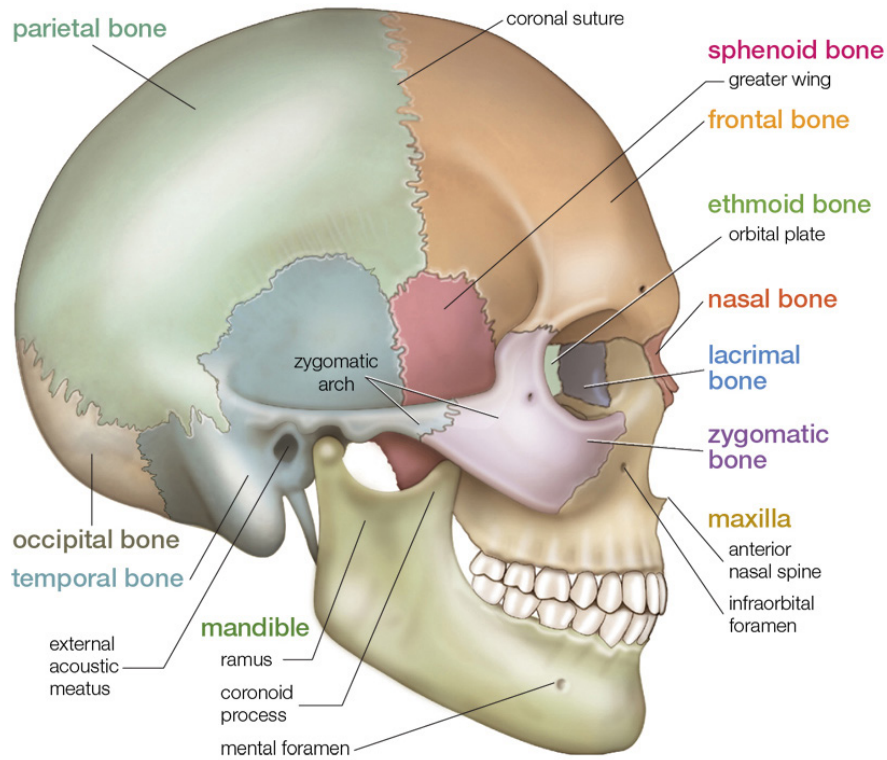
Turning the sole of the foot laterally

Opposition

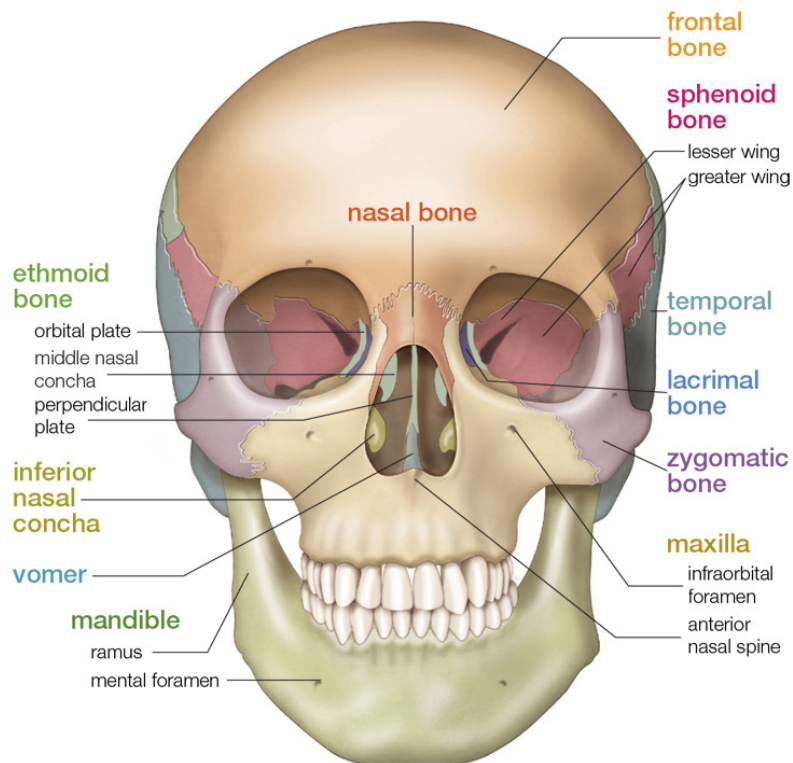
Move the thumb to touch the tips of the other fingers on the same hand

Bones Of Skull And Face

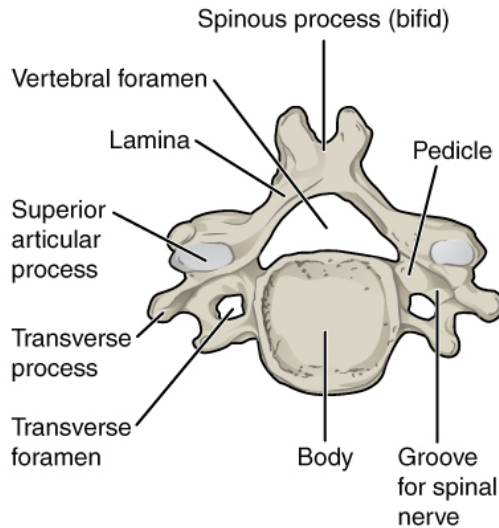
Lateral View



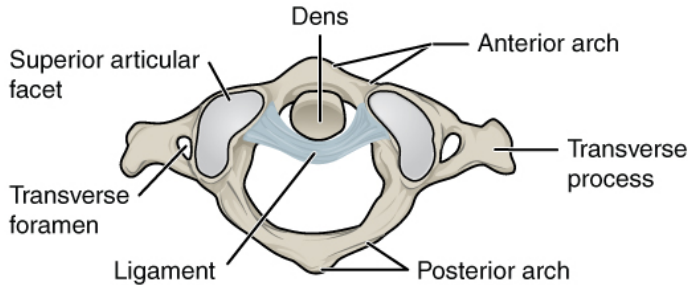
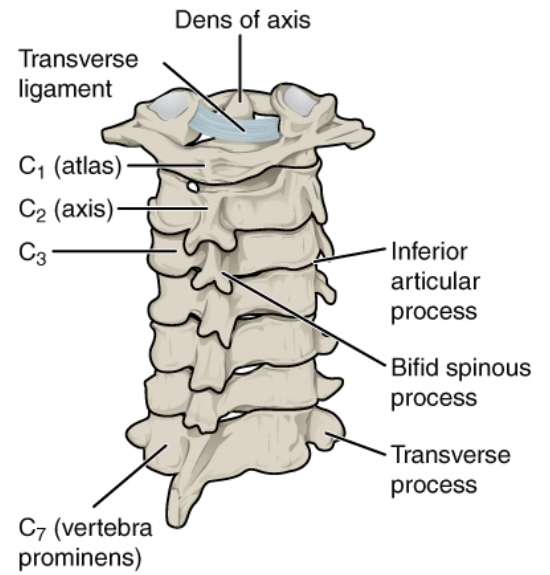
Frontal View



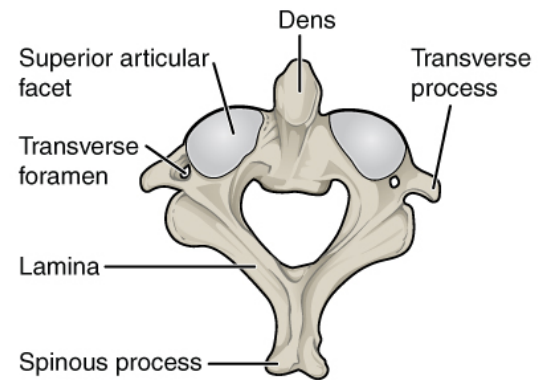
Cervical Vertebrae



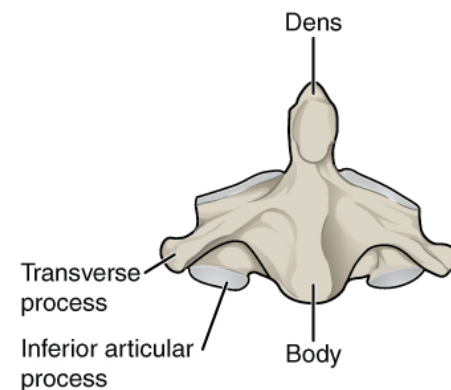
Structure of a typical cervical vertebra



Superior view of atlas

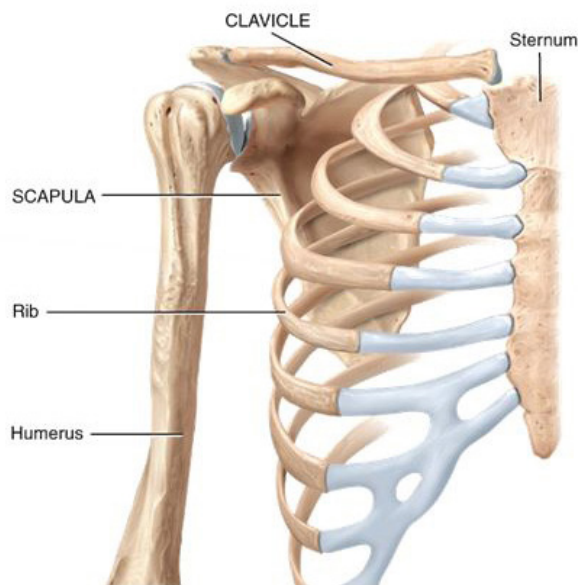
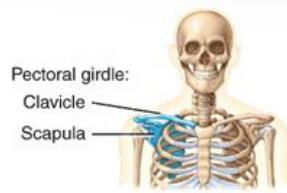


Superior view of axis

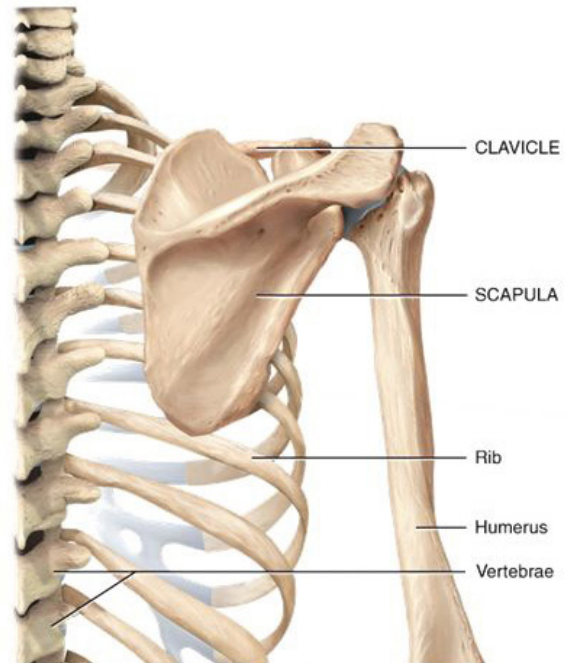


Anterior view of axis

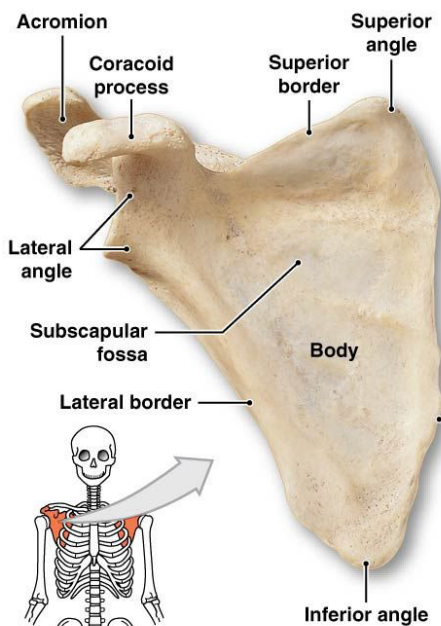
Shoulder Girdle



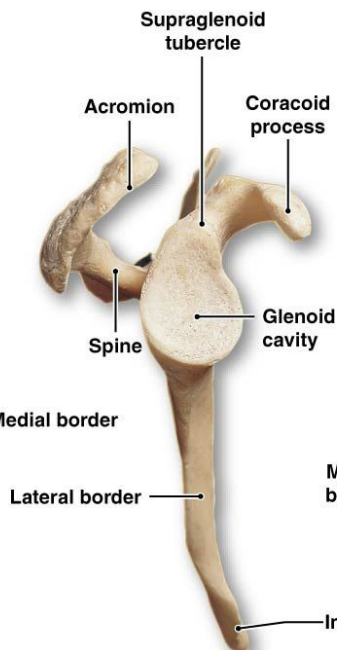
(a) Anterior view of pectoral girdle



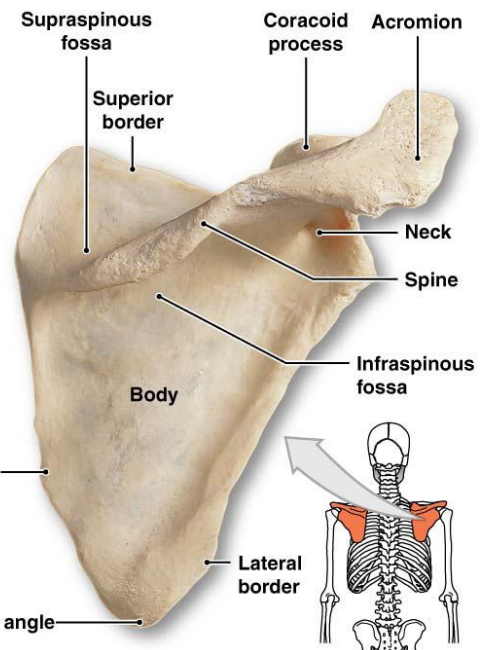
(b) Posterior view of pectoral girdle



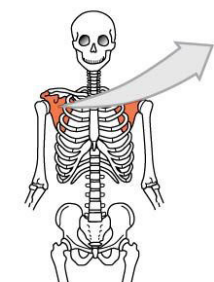
a Anterior view



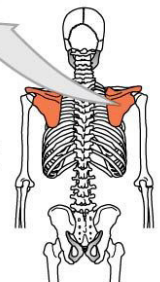
b Lateral view



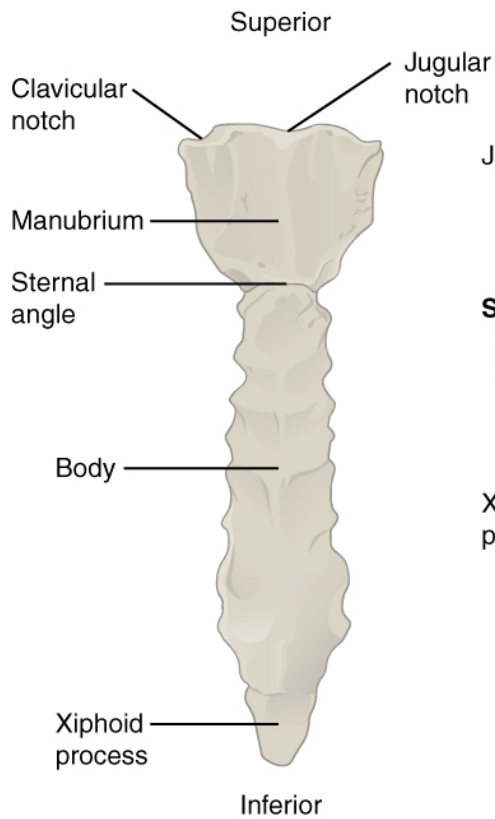
c Posterior view



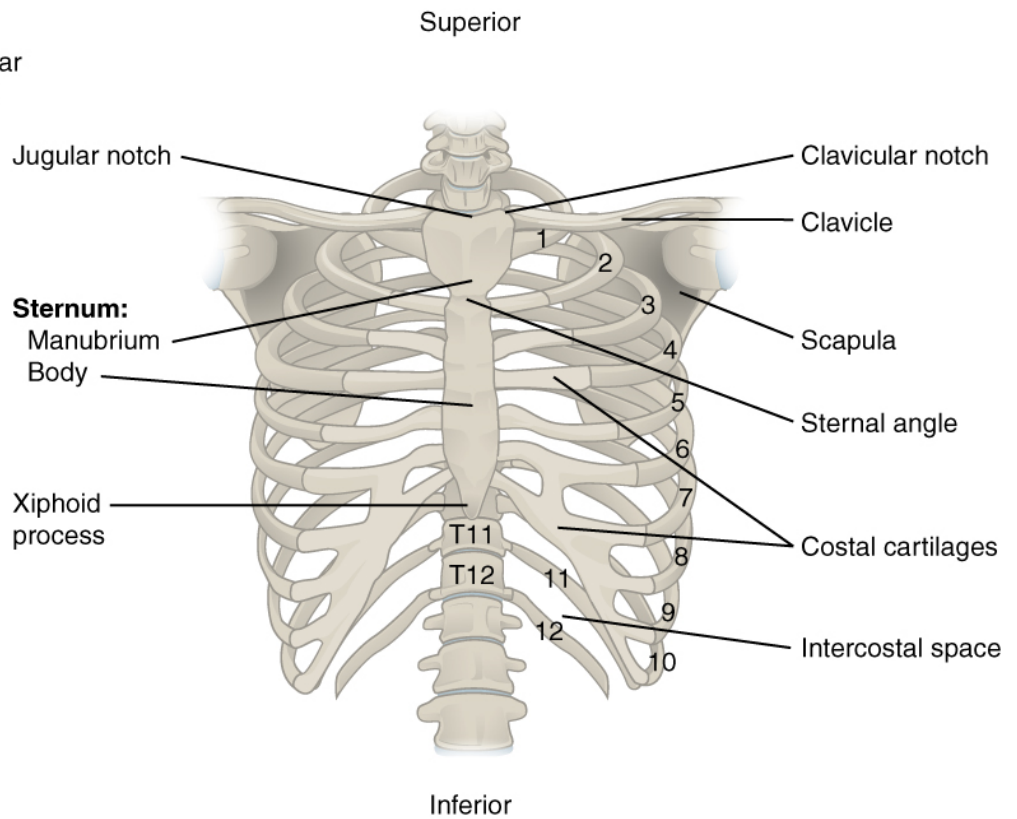
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Anterior View of Sternum And Skeleton of Thorax

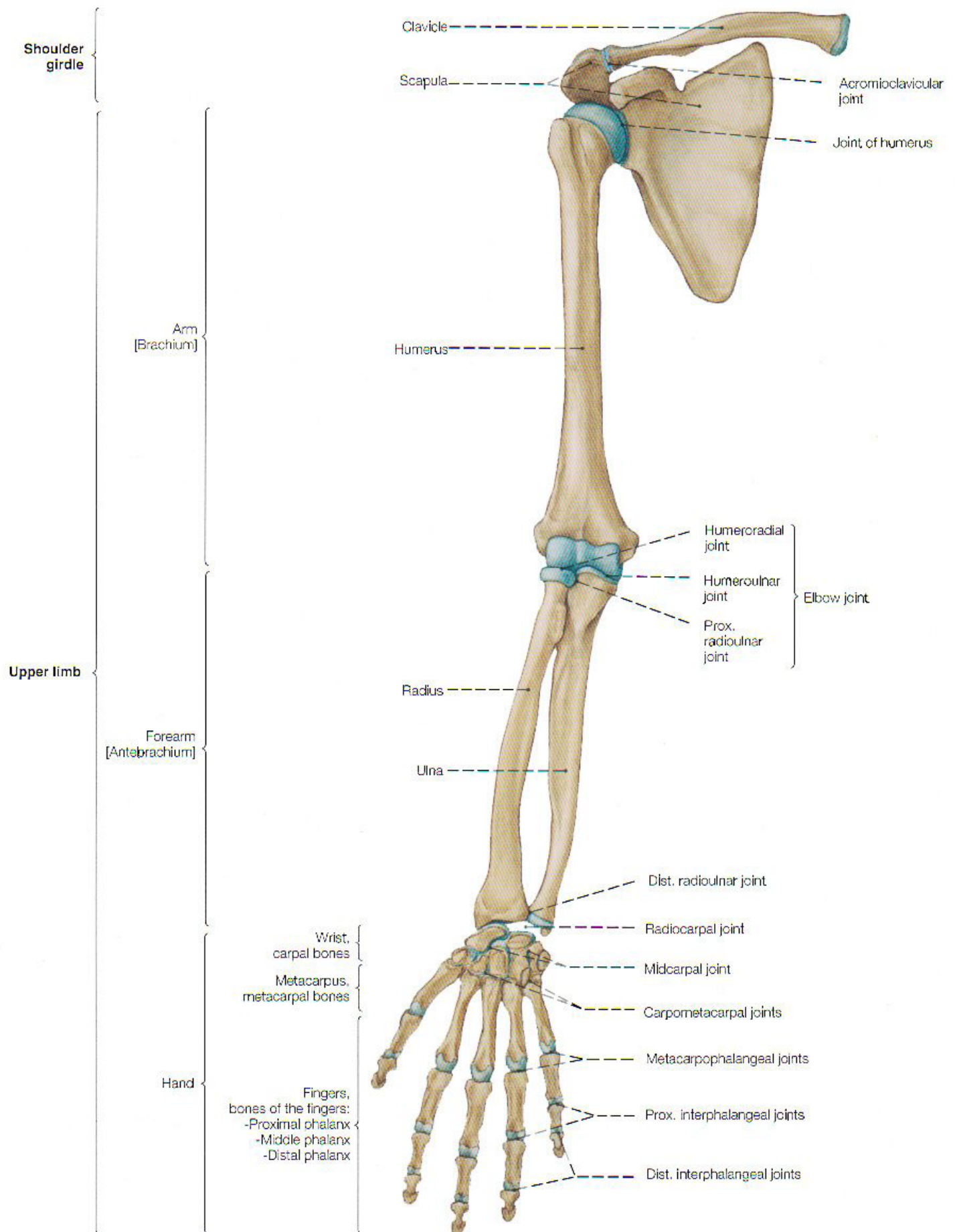


(a) Anterior view of sternum

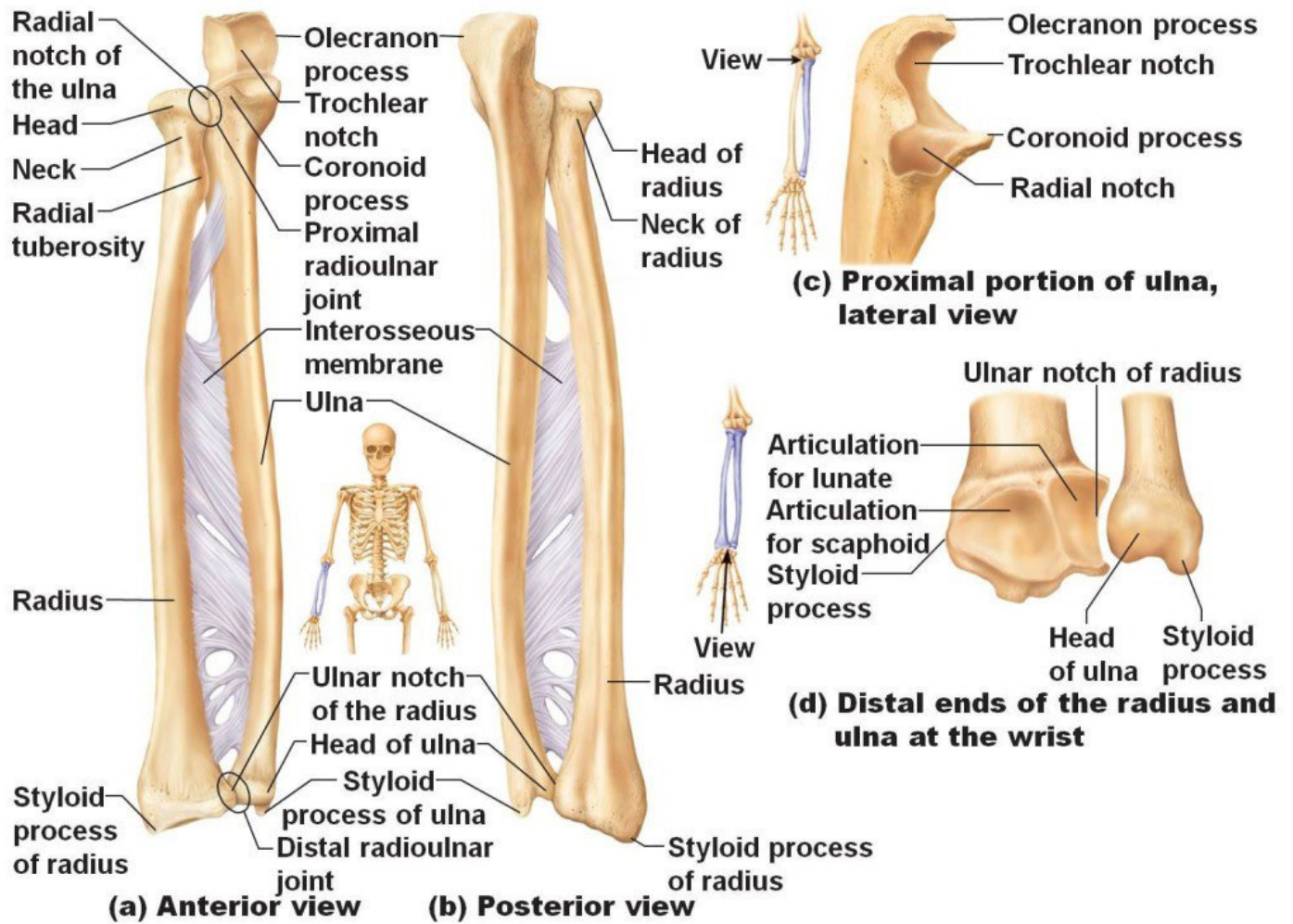


(b) Anterior view of skeleton of thorax

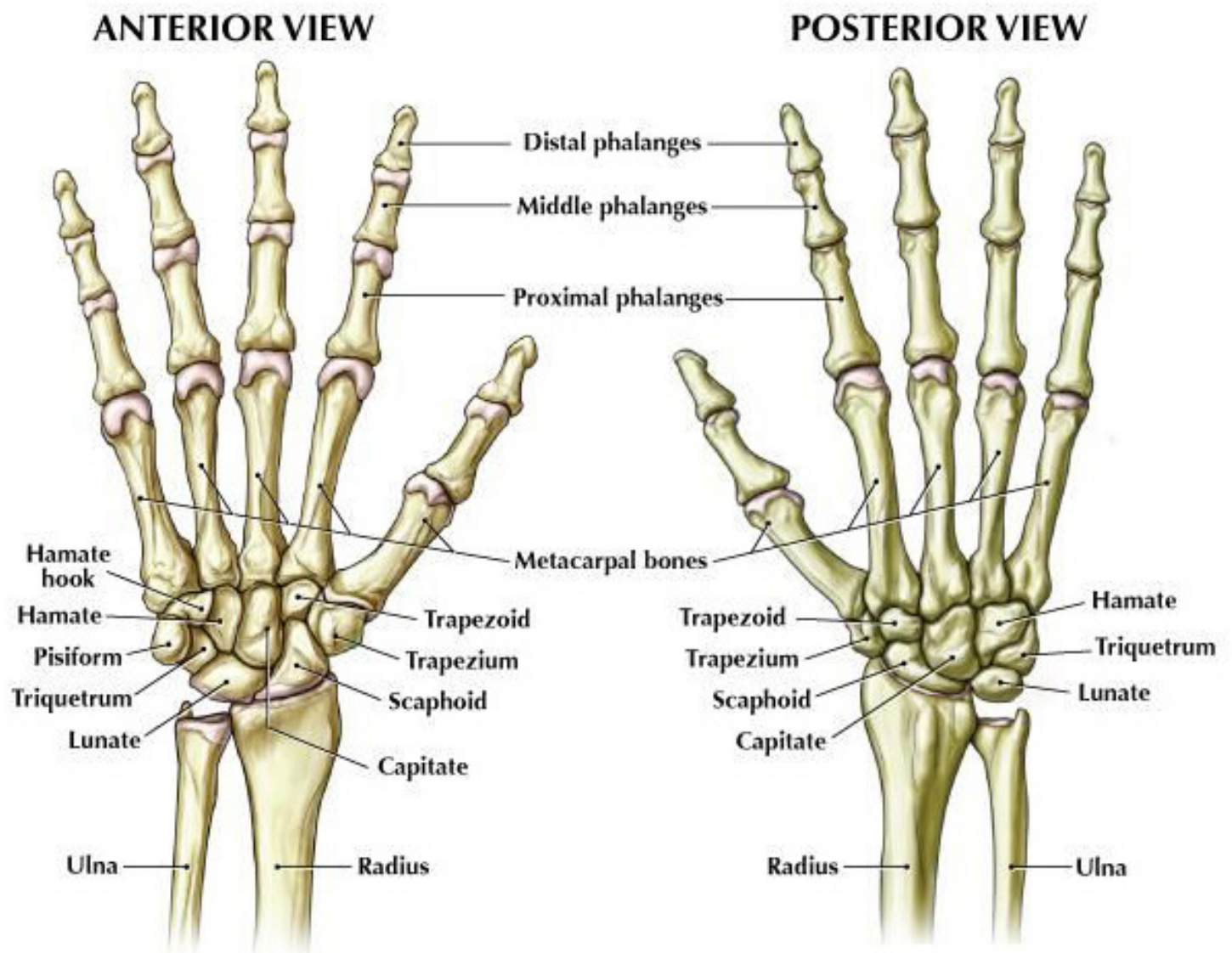
Bones of Arms



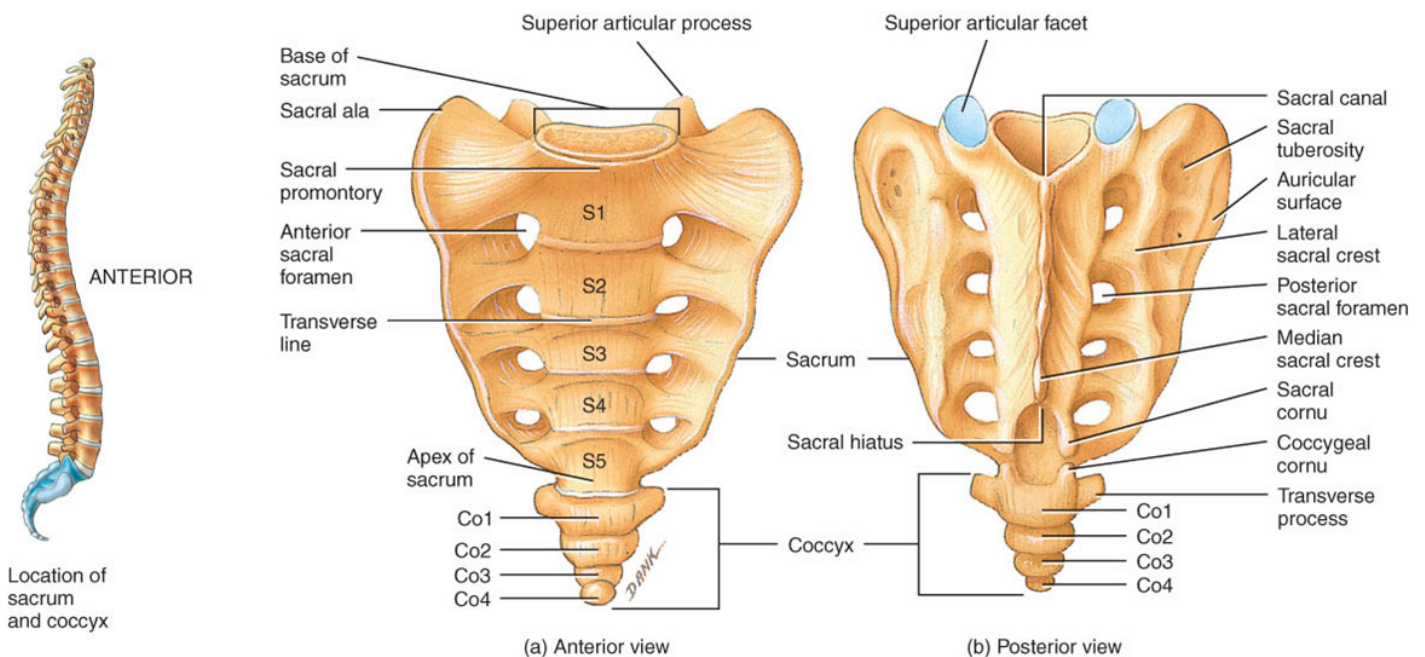
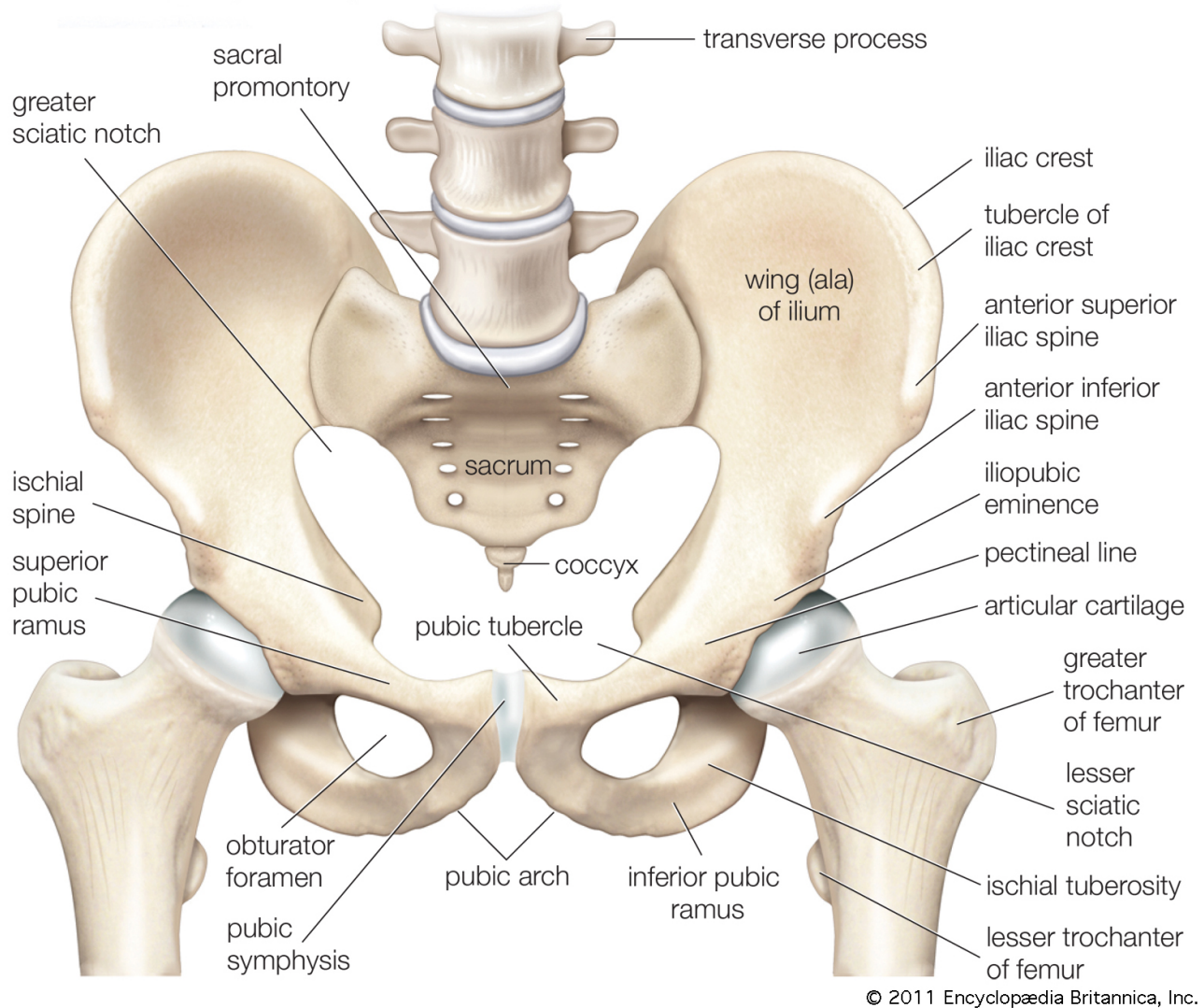
right elbow



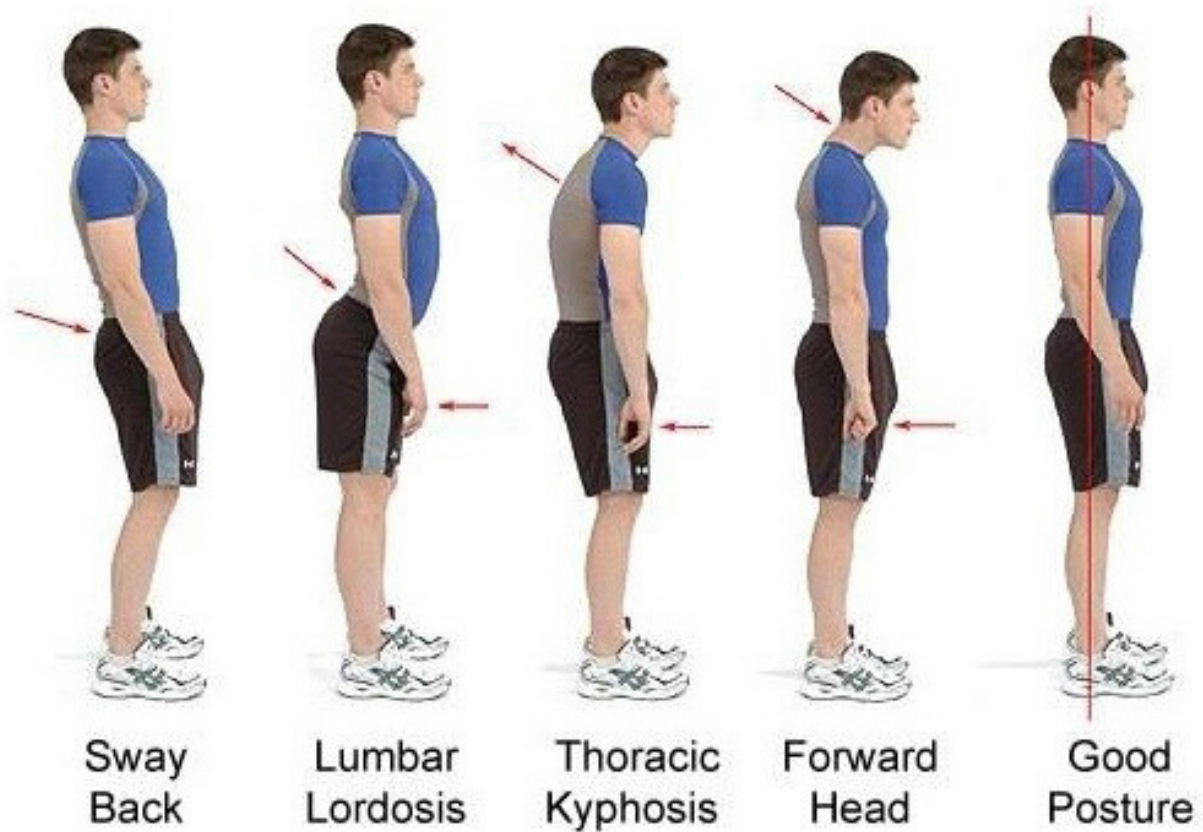
Bones In Hands



The Sacrum & Pelvis



Deformities in the spine



Forward Head:

Weak neck flexors, tight Trapezius (shoulder blades). Trapezius pushes neck forward.

The correct posture has strong abs and glutes to resist lumbar lordosis, Strong enough hip flexors to resist sway back and balance of chest, upper back and neck muscles to avoid postural defects on upper body. When combined, it looks like the first image.

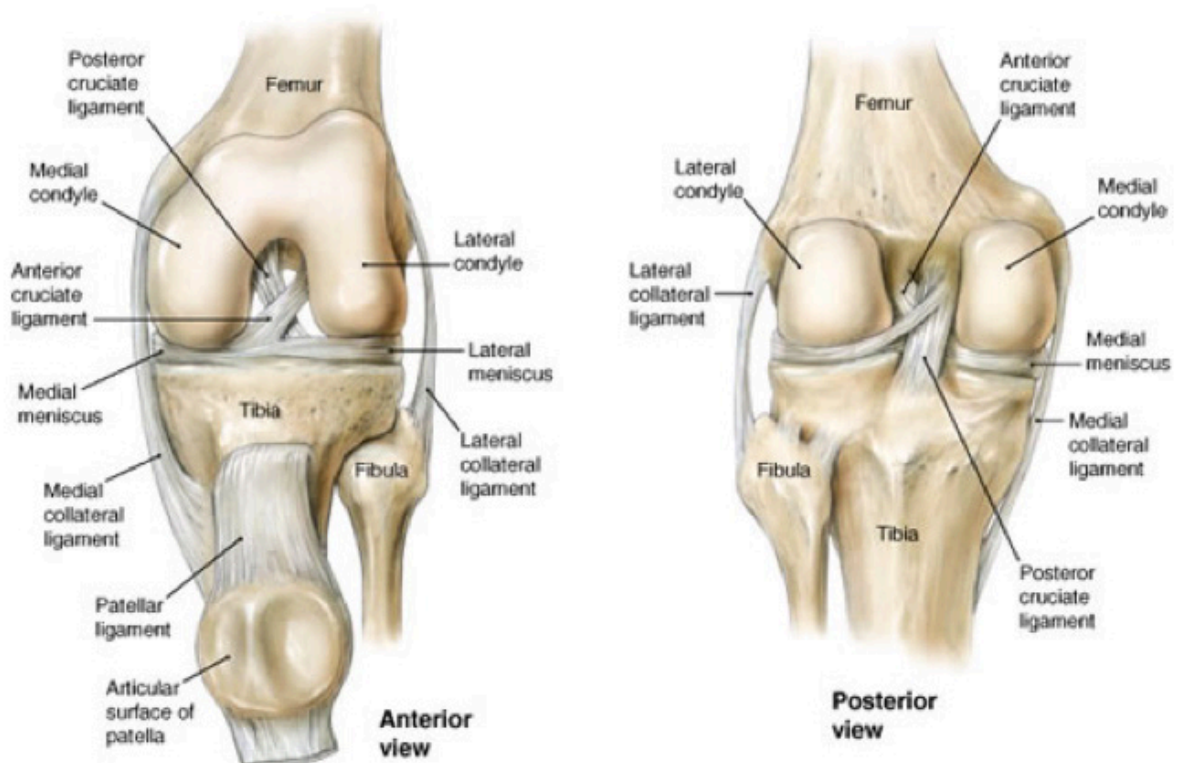
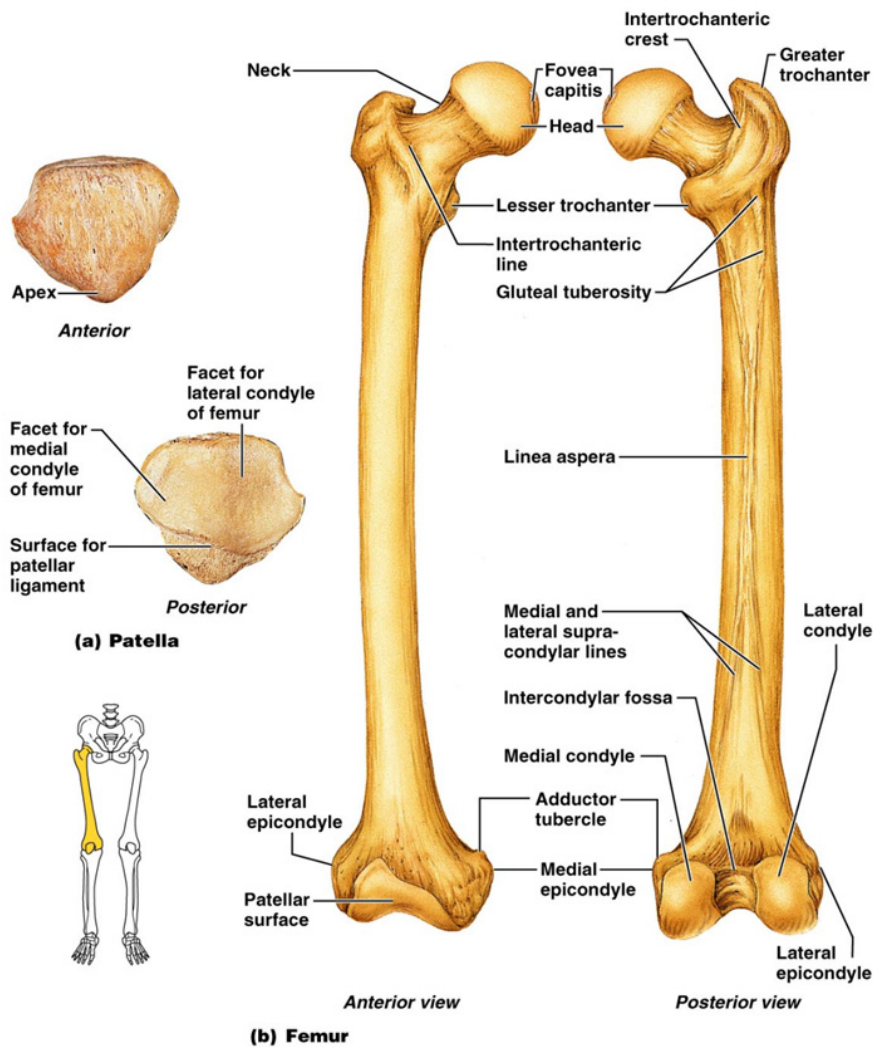
Thoracic Kyphosis:

Tight chest muscles, weak upper back muscles. Chest muscles pull the shoulders towards it.

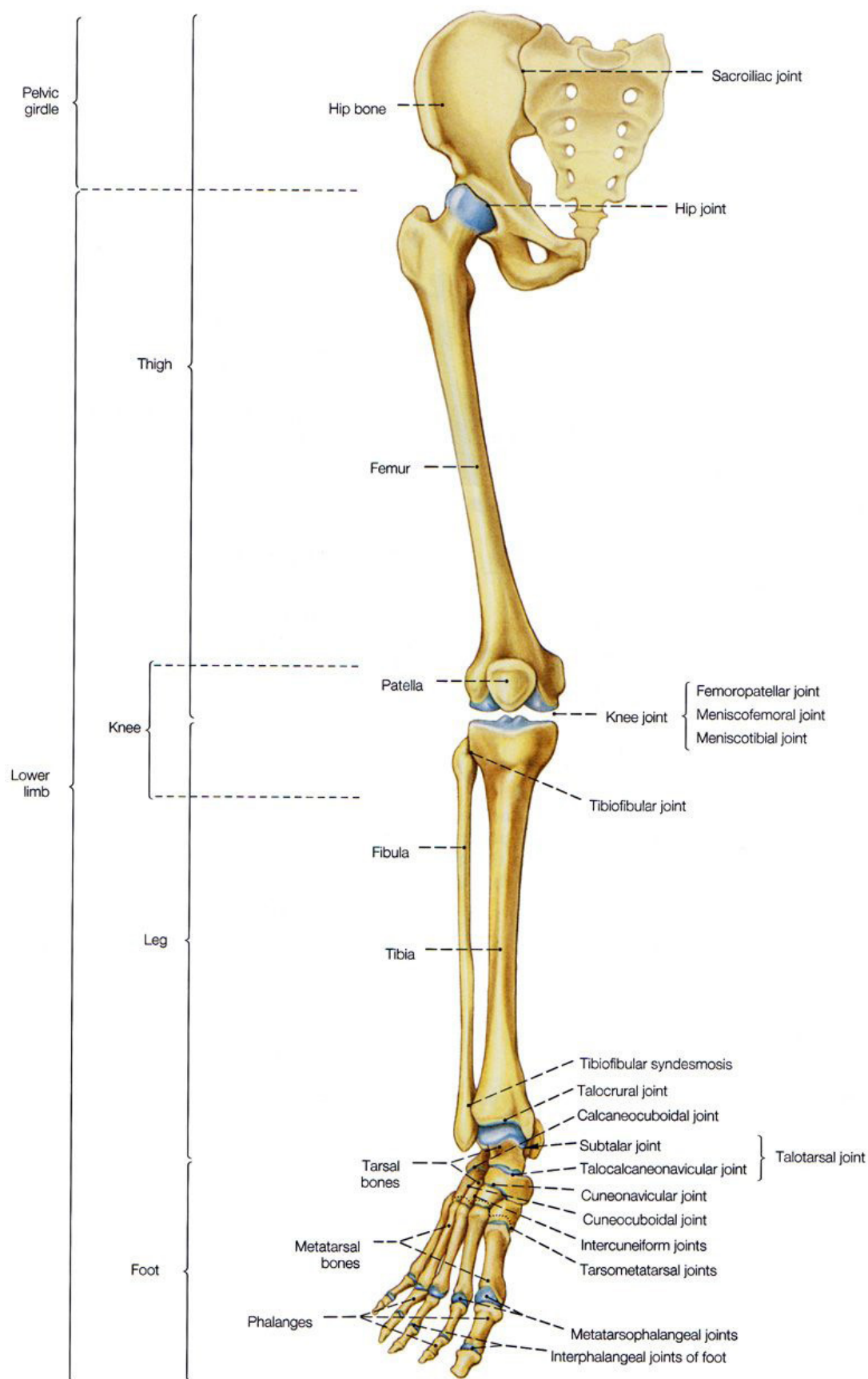
lumbar lordosis :

Lordosis is an abnormal inward curvature of the lumbar or lower spine. This condition is commonly called "swayback."

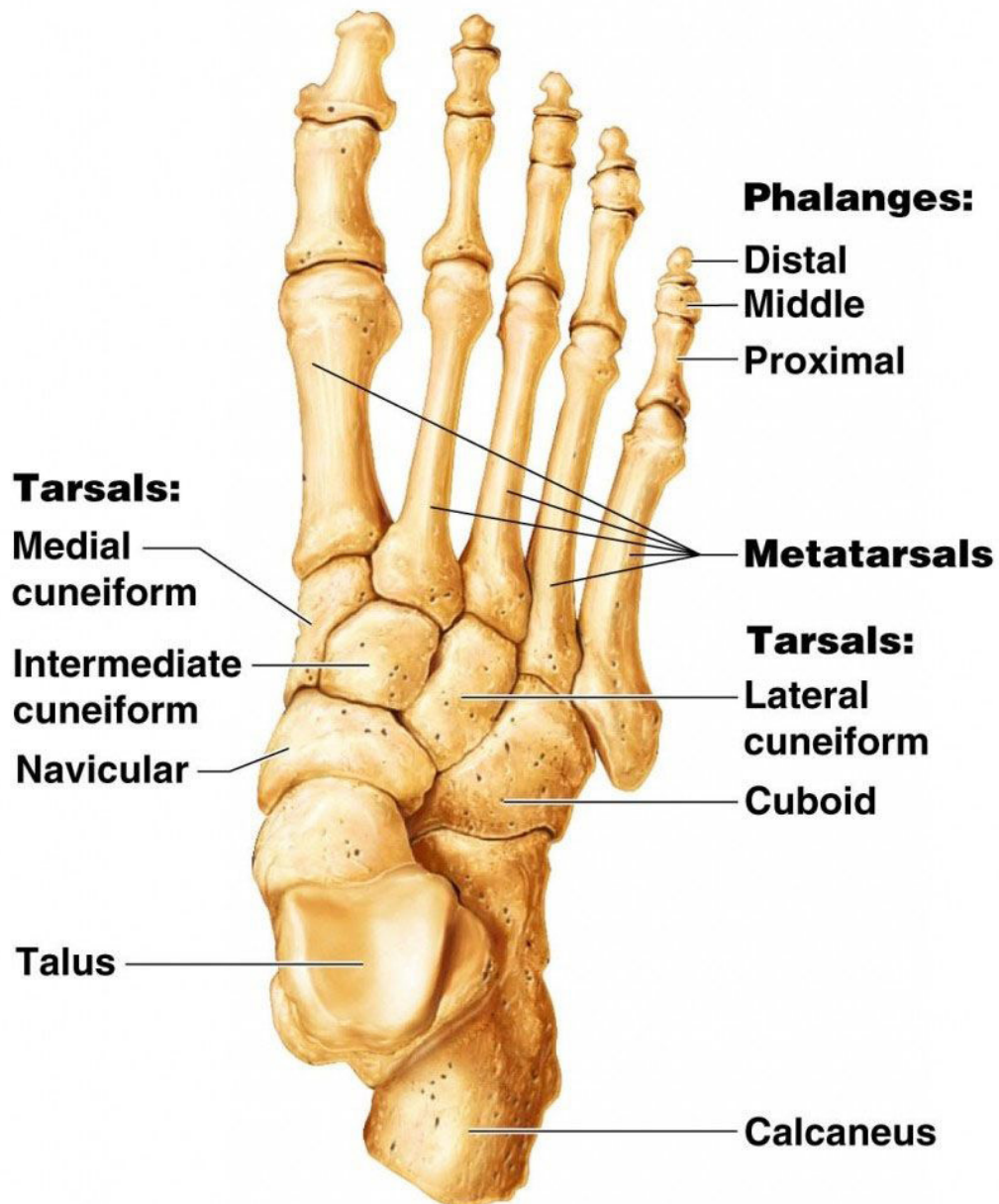
Lower extremity



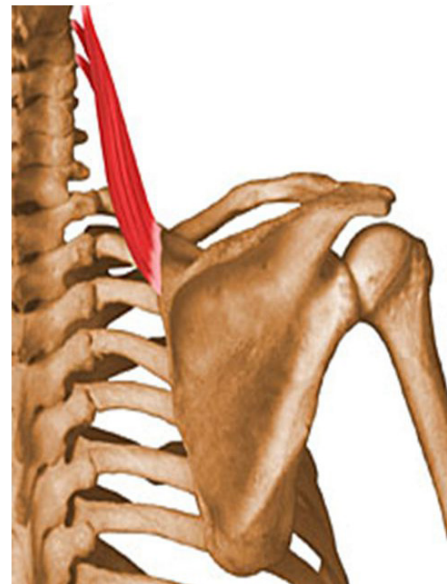
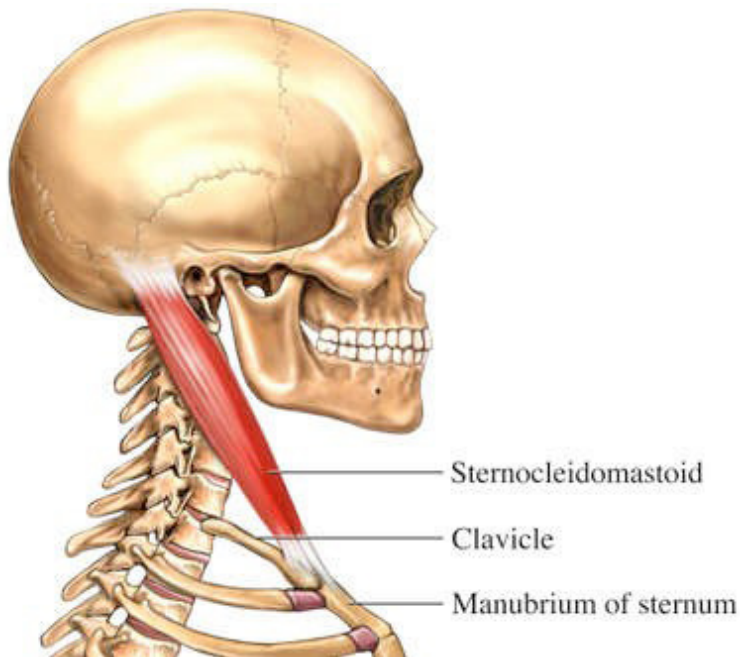
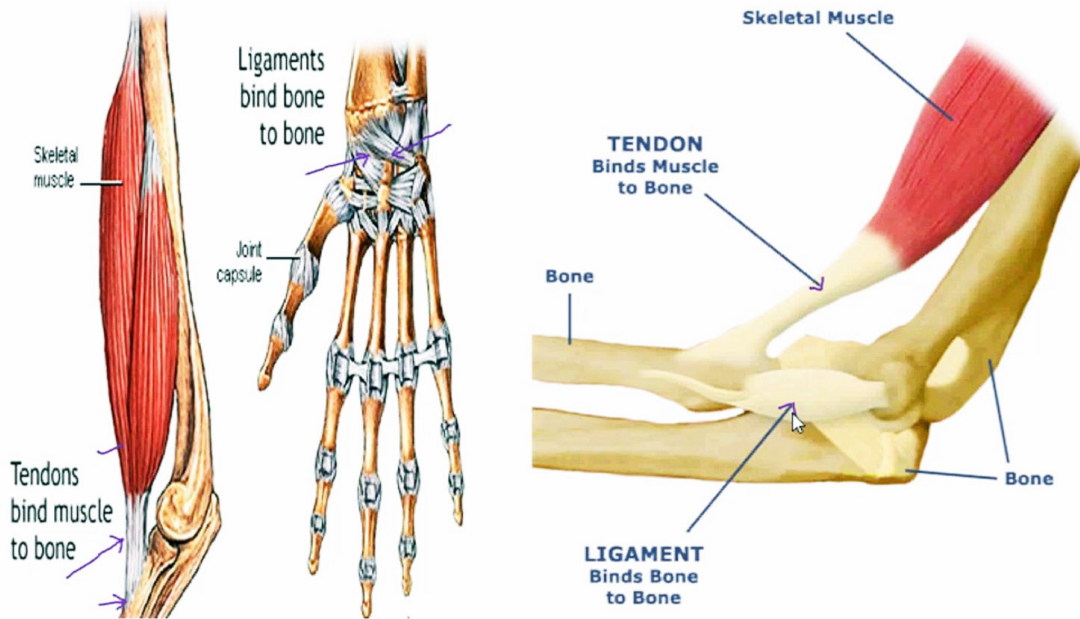
Legs Bone Anatomy



Foots Bone Anatomy



Tendon & Ligaments



Levator Scapule

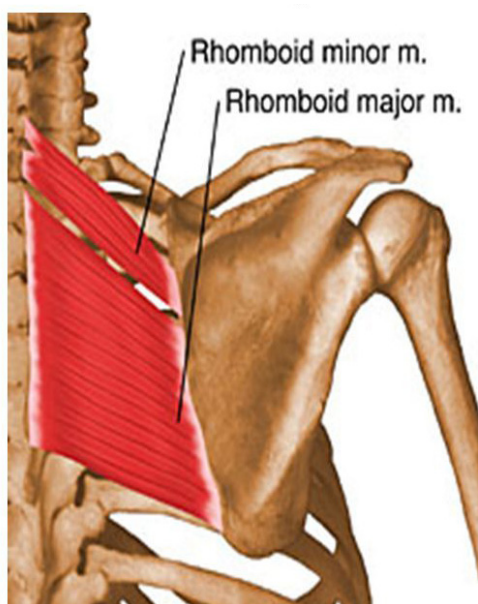
Origin: transverse process of superior four or five cervical vertebrae.

Insertion: superior vertebral border of scapula.

Action: elevates scapula and rotates it downward.

Nerve supply: dorsal scapular nerve and cervical spinal nerve.

Muscles



Rhomboids Minor and Major

Origin:

Minor: Spinous process of C7-T1

Major: Spinous process of T2-T5)

Insertion:

Minor: Medial border of the scapula

Action: between the root of the spine of the scapula and the inferior angle of the scapula.



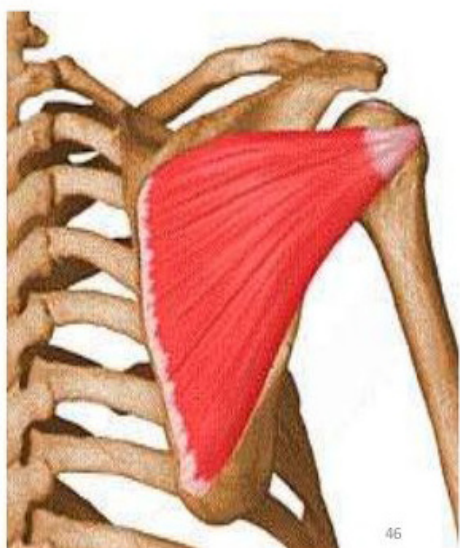
Supraspinatus Muscle

Origin: supraspinous fossa of scapula..

Insertion: Greater tubercle of humerus (anterior aspect).

Action: Initially abduction (15 degrees) at shoulder joint, stabilizing shoulder joint.

Nerve supply: Suprascapular nerve.



Infraspinatus Muscle

Origin: Infraspinous fossa of scapula.

Insertion: Greater tubercle of humerus (posterior aspect)

Action: Laterally rotation and adduction arm at shoulder joint.

Nerve Supply: Suprascapular nerve.



Subscapularis muscle

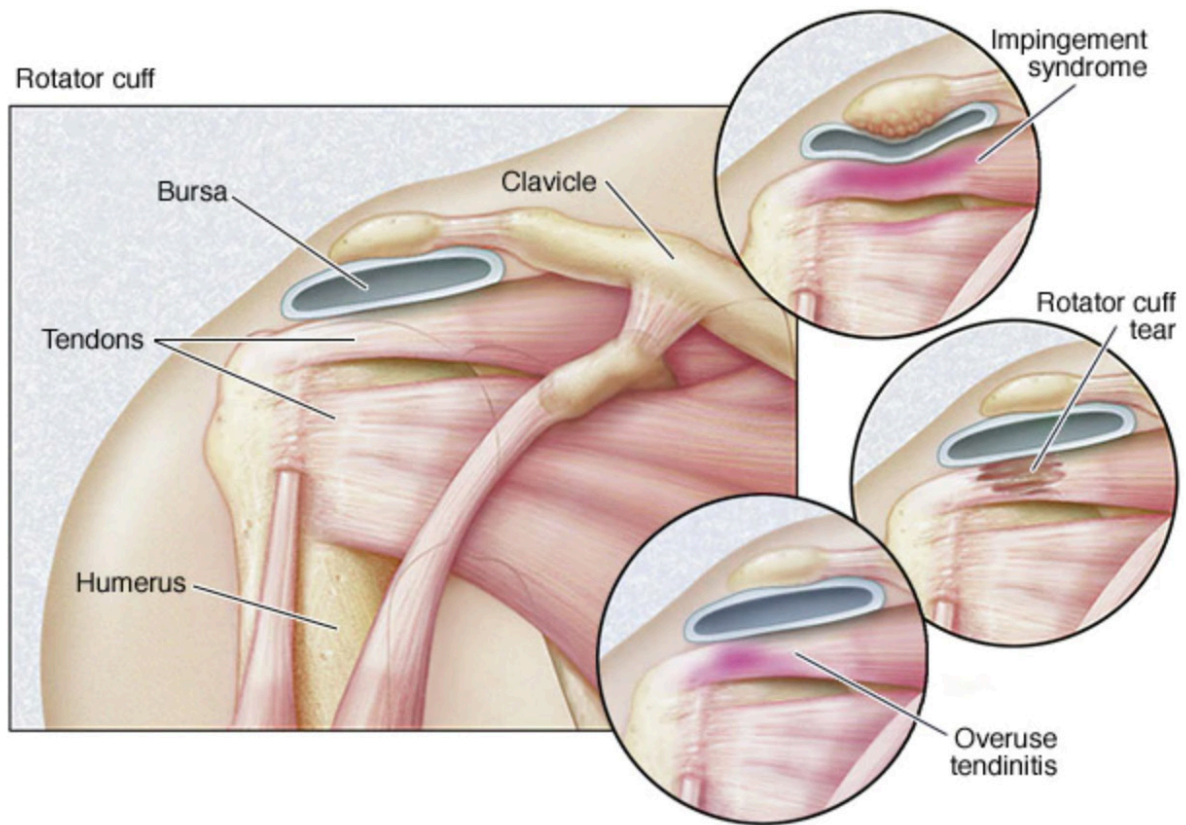
Origin: Subscapular fossa of scapula.

Insertion: Lesser tubercle of humerus

Action: Medial rotation arm at shoulder joint.

Nerve supply: Upper and lower subscapular nerve.

Rotator Cuff



47



Back View



Front view

Teres Minor

Origin: Inferior lateral border of scapula.

Insertion: Greater tubercle of humerus (inferior aspect)

Action: Laterally rotation extends and adduction arm at shoulder joint.

Nerve Supply: Axillary nerve.

Teres Mayor

Origin: Scapula.

Insertion: Humerus.

Action: Shoulder adduction
Shoulder extension.

Biceps & triceps

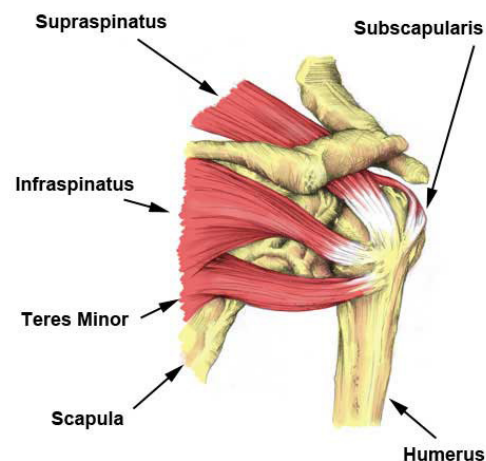
Brachialis

- **Origin** Distal half of anterior surface of humerus
- **Insertion** Coronoid process and tuberosity of ulna
- **Action** Major flexor of forearm -- flexes forearm in all positions primarily pronated
- **Innervation** Musculocutaneous nerve (C5 and C6)



Biceps Brachialis

- **Origin**
- **Short head:** tip of coracoid process of scapula
- **Long head:** supraglenoid tubercle of scapula
- **Insertion** Tuberosity of radius and fascia of forearm via bicipital aponeurosis
- **Action** Supinates forearm and, when it is supine, flexes forearm
- **Innervation** Musculocutaneous nerve (C5 and C6)



Deltoid

Origin: Lateral third of clavicle, acromium, and spine of scapula.

Insertion: Deltoid tuberosity of humerus.

Action:

Anterior part: Flexes

Middle part: Abducts arm.

Posterior part: Extends

Innervation: Axillary nerve (C5 and C6)



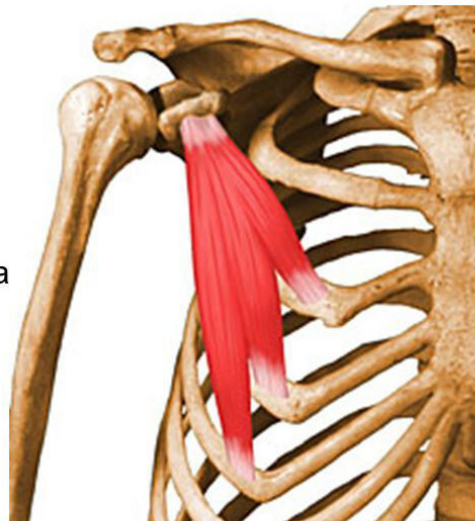
Triceps Brachii

- **Origin**
- **Long head:** infraglenoid tubercle of scapula
- **Lateral head:** posterior surface of humerus, superior to radial groove
- **Medial head:** posterior surface of humerus, inferior to radial groove
- **Insertion** Olecranon process of ulna and fascia of forearm
- **Action** Chief extensor of elbow
- **Innervation** Radial nerve (C6, C7 and C8)



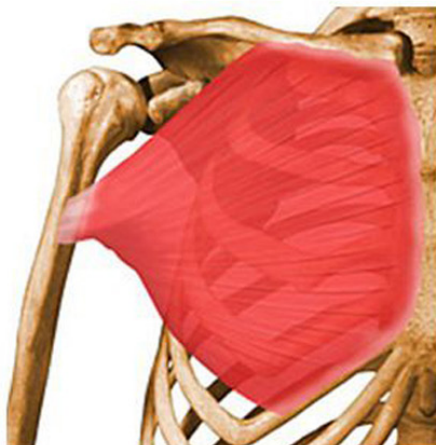
Pectoralis Minor

- **Origin** 3rd to 5th ribs near their costal cartilages
- **Insertion** Medial border and superior surface of coracoid process of scapula
- **Action** Stabilizes scapula by drawing it inferiorly and anteriorly against thoracic wall
- **Innervation** Medial pectoral nerves;

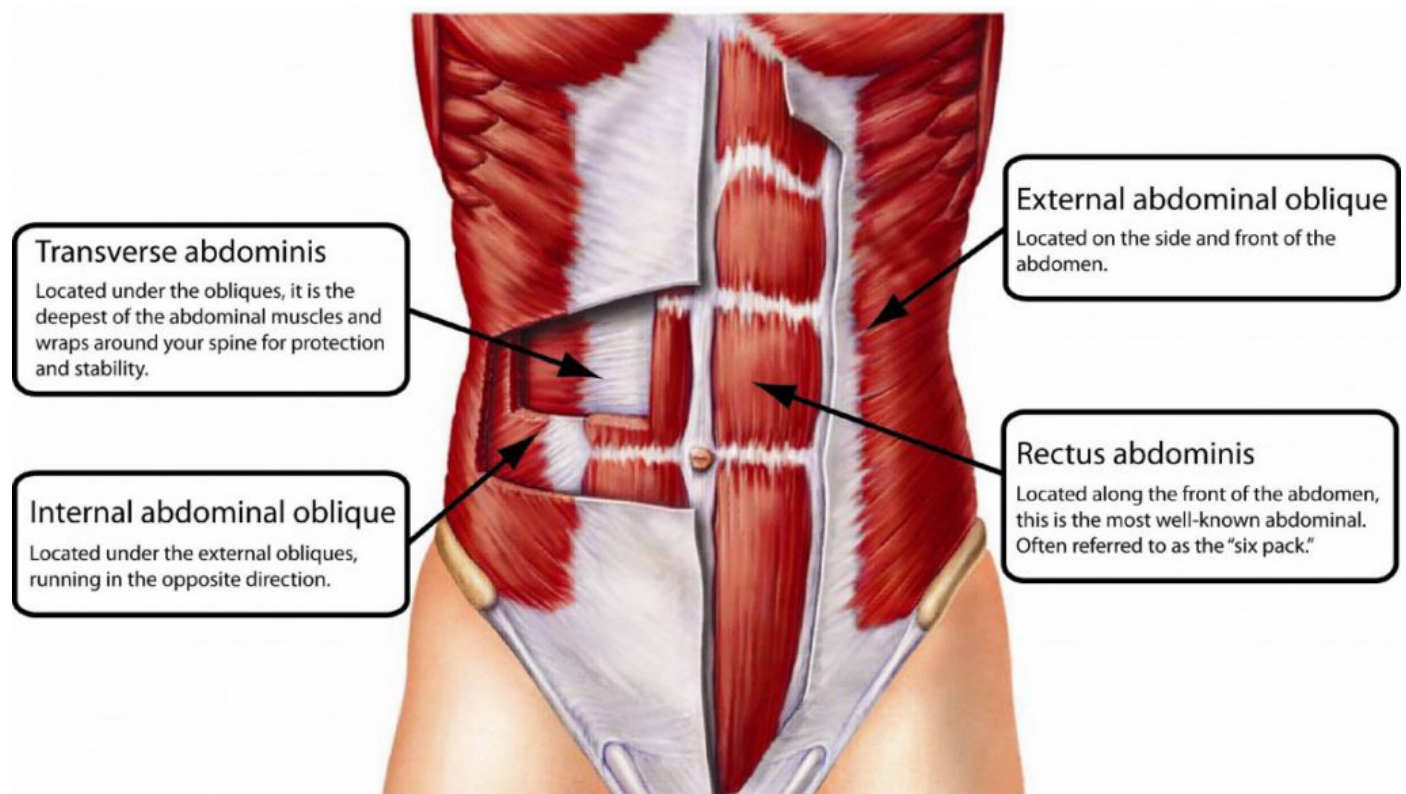
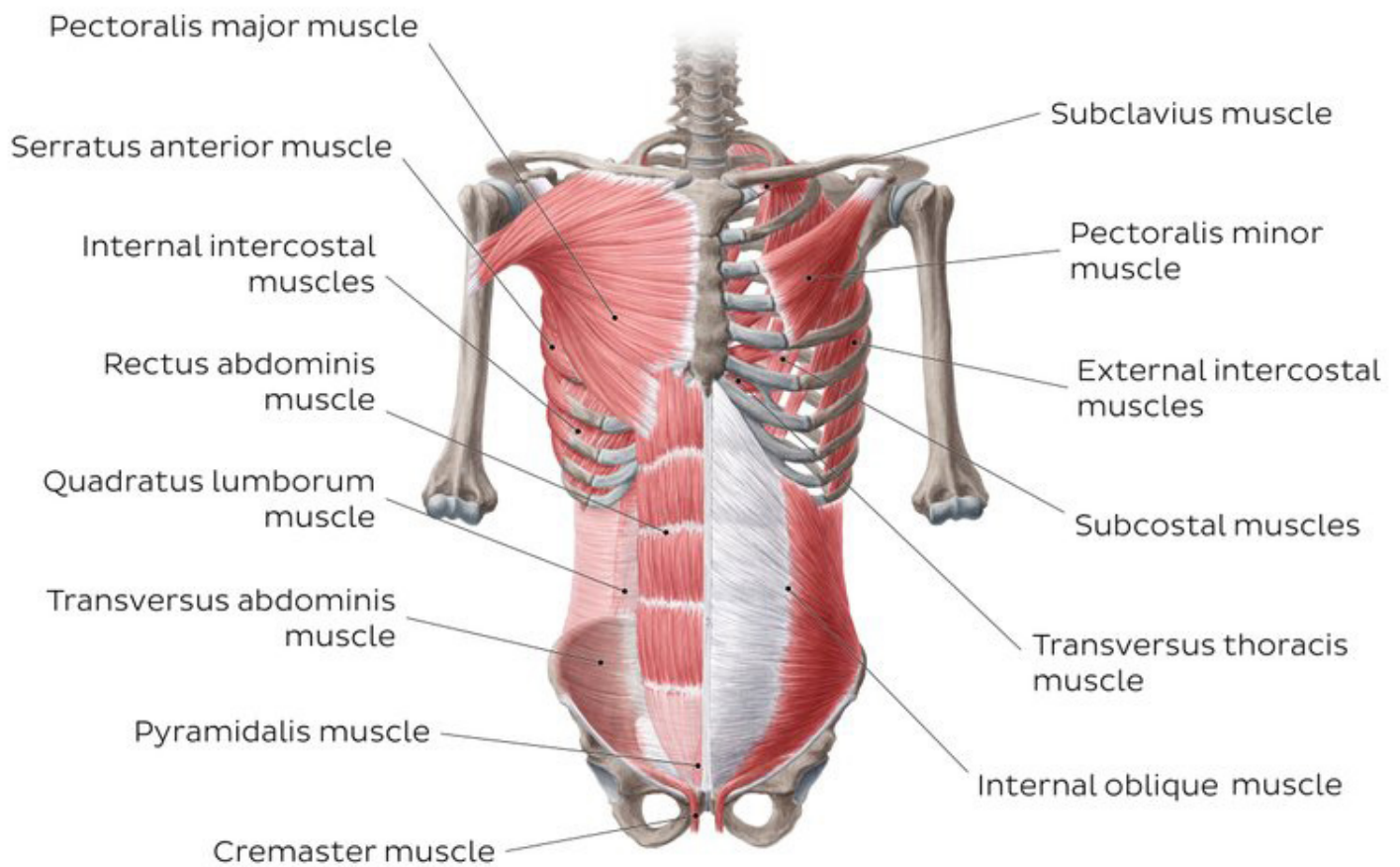


Pectoralis Major

- **Origin**
- **Clavicular head:** anterior surface of medial half of clavicle
- **Sternocostal head:** anterior surface of sternum, superior six costal cartilages
- **Insertion** Lateral lip of intertubercular groove of humerus
- **Action** Adducts and medially rotates humerus; draws scapula anteriorly
- **Innervation** Lateral and medial pectoral nerves;



Abdominis Muscle



Latissimus dorsi

Origin

- Iliac crest, lumbar fascia, spines of lower six thoracic vertebrae (T7-T12), lower three or four ribs, and inferior angle of scapula

Insertion

- Floor of bicipital groove of humerus

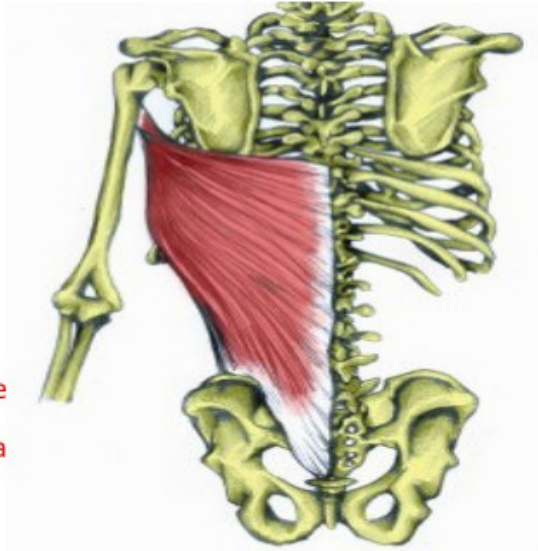
Nerve Supply

- Thoracodorsal nerve (C6, 7, 8)

Action

- Extends, adducts, and medially rotates the arm
- Its called the **climbing muscle**
- Raising of the trunk above the arm

Important : As it winds around lower border of teres major it forms **posterior fold of axilla** its lateral border forms a **boundary of lumbar triangle**.



Iliopsoas

Origin (2):

Psoas: from anterior surfaces and lower borders of transverse processes of L1-L5

Iliacus: From upper 2/3 of iliac fossa of ilium.

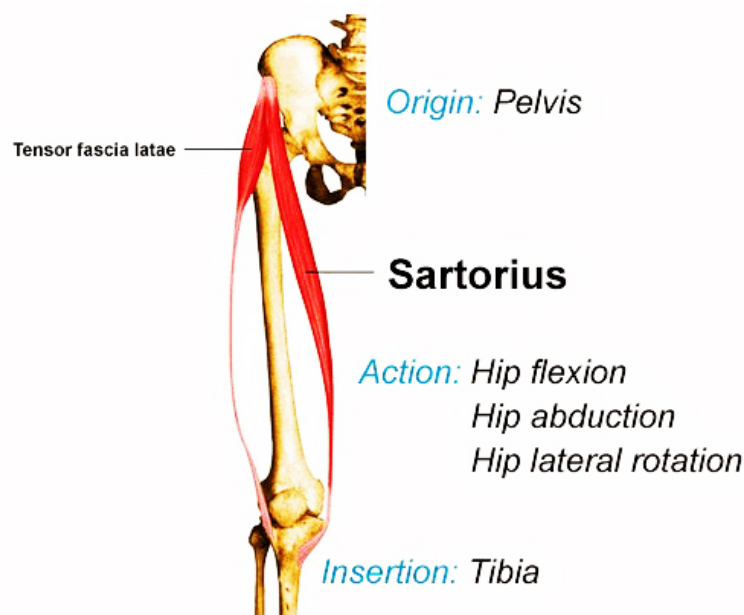
Insertion: Lesser trochanter

Action: flex the hip

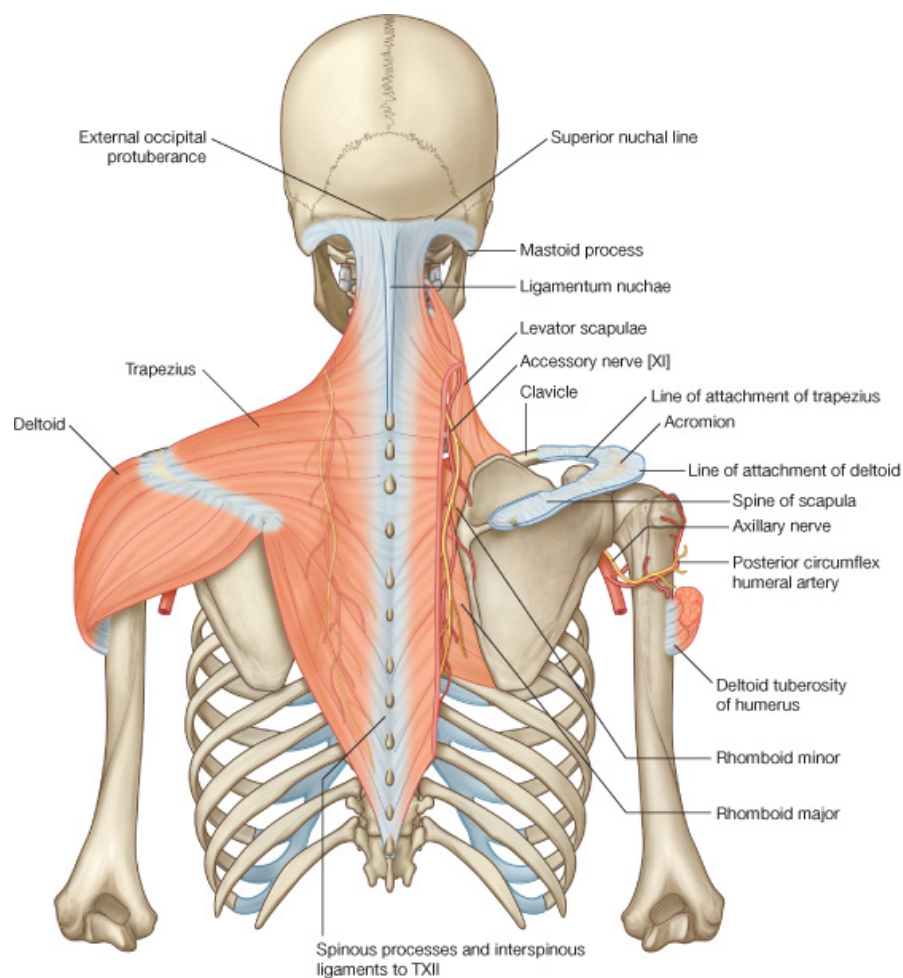
Innervation psoas: from direct fibers of L1-L3 of lumbar plexus:

Iliacus: femoral nerve



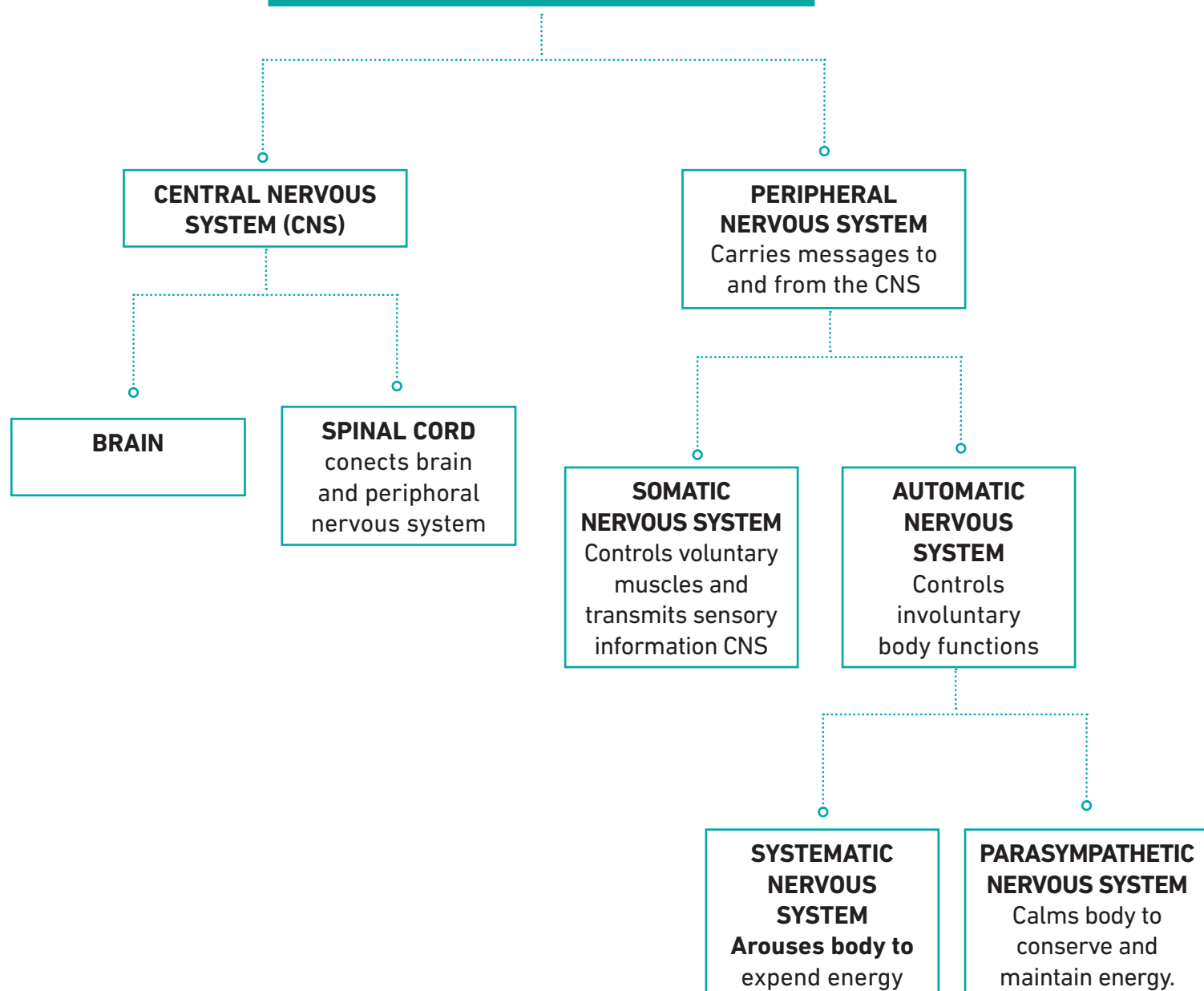


Trapezius



Trapezius

NERVOUS SYSTEM



Respiratory System

UPPER RESPIRATORY SYSTEM

- Filters, warms, and moistens air

Sinuses

- Cavities in skull
- Lighten head
- Warm and moisten air

Nasal cavity

- Produces mucus
- Filters, warms, and moistens air
- Olfaction

Pharynx

- Passageway for air and food

RESPIRATORY MUSCLES

- Cause breathing

Intercostal muscles

- Move ribs during breathing

Diaphragm

- Muscle sheet between chest and abdominal cavities with a role in breathing

LOWER RESPIRATORY SYSTEM

- Exchanges gases

Epiglottis

- Covers larynx during swallowing

Larynx

- Air passageway
- Prevents food and drink from entering lower respiratory system
- Produces voice

Lungs

- Structures that contain alveoli and air passageways
- Allow exchange of oxygen and carbon dioxide between atmosphere and blood

Trachea

- Connects larynx with bronchi leading to each lung
- Conducts air to and from bronchi

Bronchi

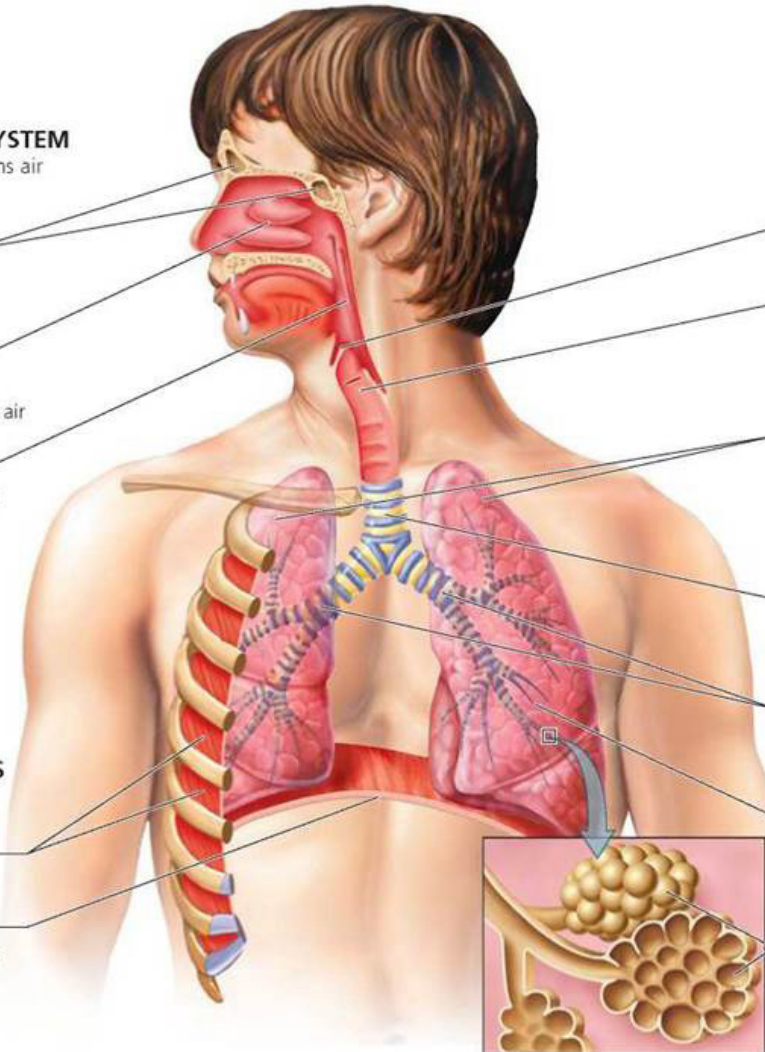
- Two branches of trachea that conduct air from trachea to each lung

Bronchioles

- Narrow passageways to conduct air from bronchi to alveoli

Alveoli

- Microscopic chambers for gas exchange





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